

## LET'S TALK ABOUT FATIGUE

**Did you know that 70- 85% of people that suffer from an injury to their brain suffers from fatigue**

### WHAT DO WE MEAN BY FATIGUE?

Fatigue is experienced by everyone at some point after a period of physical or mental activity and is a signal from our bodies telling us to take a break. This type of fatigue is time-limited and improved by rest.

'Pathological fatigue', which is found in several neurological conditions, including brain injury, may be present most of the time and not immediately improved with rest.

#### Signs of Fatigue may include:

- yawning
- losing concentration/attention
- eyes feeling heavy, or eyesight blurring
- head feeling 'fuzzy'
- fidgeting
- getting irritable
- limbs feeling heavy
- stomach feeling sick

#### Fatigue is described in many different ways:

- Foggy head
- Cognitive fatigue
- Extreme tiredness
  - Lack of energy
- Not relieved by sleep or rest
  - Exhaustion
    - Weak
- Unable to motivate self
- Unable to focus of tasks
- Feeling sleepy all the time

Fatigue is one of the most common effects after an injury to the brain. Fatigue can improve over time, for many it is a long-term challenge that requires strategies to help manage.

Fatigue can affect people physically, mentally and emotionally.

#### Fatigue can worsen other effects of a brain injury:

- Memory
- Irritability
- Slurred speech
- Dizziness
- Fuzzy/foggy head
- Energy levels
- Mood
- Sleeping habits

Fatigue might/ can affect a person's ability to carry out activities, work, and socialise. For some, it occurs during or after certain activities, and for others it seems to be present most of the time.

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