

## FATIGUE MANAGEMENT REFERENCES

Too Tired of being Tired online learning session- March 2012

1. **Booklet: Energy Boosting” foods** that you can download from the BCCA booklet, “Healthy Eating Using High Energy High Protein Foods”  
<http://www.bccancer.bc.ca/NR/rdonlyres/7C545587-9100-4302-BA80-AA56F846910C/55948/HighEnergyHighProtein.pdf>
2. **Helpful tips on improving your memory**  
<http://www.bccancer.bc.ca/PPI/copingwithcancer/symptoms/memorydysfunction/understanding.htm>  
<http://www.bccancer.bc.ca/PPI/copingwithcancer/symptoms/memorydysfunction/selfcare.htm>
3. **Fact Sheets on how to handle different emotions** that you are likely to encounter in your cancer journey & booklet: The emotional facts of life with cancer, CAPO 2005.  
<http://www.bccancer.bc.ca/PPI/copingwithcancer/emotional/dealingemotions/default.htm>
4. **Caring Bridge website** ... a communication tool/website where you can post updates about a patient & receive messages.

<http://www.caringbridge.org/>

### **Lots of Helping Hands website:**

<http://www.lotsahelpinghands.com/> “Create a free, private Community web site to organize family and friends during times of need. Use the **calendar** in your private Community to match volunteers to needed tasks. Send **announcements** to keep everyone up to date. Tap into **resources** from leading [caregiver and health organizations](#).”

5. **BC Cancer Agency information on Coping with Fatigue:**  
<http://www.bccancer.bc.ca/PPI/copingwithcancer/symptoms/fatigue/default.htm>
6. **Handout: on ways of strengthening your brain:** *Brain Strength: Specific Strategies to Help You Remember*
7. **Handout: Pain Scale**
8. **Handout: Energy Pie**