

Fatigue diary

My life situation

- *I have been unwell*
- *I can't see my friends and neighbours*
- *My hobbies involved running which I now can't do*
- *My family don't really understand how I feel*

This is an example sheet that could be filled in with someone with fatigue

Thoughts

- *This is not getting better*
- *I am so frustrated*
- *I don't know what to do for the best*
- *My family must think I am boring*

Symptoms

- *Tired all the time*
- *Unable to think*

Moods

- *Feeling frustrated*
- *Worried I am not trying hard enough*
- *Frightened this will not get better*
- *Scared if I exercise it will make fatigue worse*

Behaviours/actions

- *I spend most of my day sitting watching television*
- *I am eating badly*
- *I am tearful*