

Tips to save energy

Nourish Spotlight

FATIGUE

- ✓ **MAKE FOOD PREPARATION EASIER.** Make sure you have access to food that requires little to no preparation and don't be afraid to use your microwave.
See the other cards on fatigue to find out ways to make food preparation easier.
- ✓ **GET ENOUGH SLEEP.** Aim for 7 to 8 hours of sleep, and go to bed at a regular time. Limit naps to 20 minutes. Avoid caffeine later in the day. Limit stimulation like screens or exercising right before bed.
- ✓ **SCHEDULE REST.** If you get tired, take a 15-to-30-minute break.
- ✓ **SET PRIORITIES AND BE PATIENT WITH YOURSELF.** You may not be as productive as you normally are and that's ok. Do important activities first or when you have the most energy, and delay the ones that can wait.
- ✓ **ASK FOR HELP AND LEARN TO SAY "NO".** There is no shame in asking others for help with tasks that drain your energy the most.
- ✓ **TRY ALTERNATIVE THERAPIES.** Let your healthcare team know before trying an alternative therapy and always make sure it is provided by a licensed practitioner. **BOX 1**

Box 1: Alternative therapies

MEDITATION ▶ A state of deep concentration that may include deep breathing or relaxation exercises. Look for meditation groups or classes in your neighborhood, or find online courses or apps that offer guided meditation.

MASSAGE THERAPY ▶ When a practitioner kneads your skin, muscle, and tendons to relieve muscle tension and stress to promote relaxation.

MENTAL HEALTH COUNSELLING ▶ Talking with a licensed therapist that may use techniques like behavioral therapy or mindfulness-based stress reduction to help reduce fatigue.

Power Snack Balls

A nutritious high fibre snack

Ingredients

- ½ cup peanut butter
- 1 cup grated apple or apple sauce
- 1 cup pitted dates
- 2 tablespoons honey
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- 1 cup large flake oats
- 1 cup ground shelled pumpkin seeds

Preparation

1. Soak the dates in water for 5 minutes and chop them when softened.
2. In a bowl, combine all ingredients. Mix until well combined and sticky enough to hold the shape of a ball.
3. Take 2 tablespoons at a time and roll into 20 balls. Roll each ball in pumpkin seeds and place them on a cookie sheet lined with parchment paper.
4. Refrigerate for 1 hour before serving.

Store in a closed container in the fridge for up to 2 weeks or freeze for up to 3 months.



Links to patient resources

- [🔗 What should I eat?](#)
- [🔗 How to use your energy wisely](#)
- [🔗 Free programs and services](#)

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DISCLAIMER

The information in this publication is not intended as medical advice nor should it replace advice, expertise and information given by a member of your healthcare team.

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