

## Tips for Making It Through the Workday

You may have some physical and emotional challenges getting through the workday. Here are some suggestions to prevent you from feeling overwhelmed and to help you pace yourself realistically.

Working through cancer may boost your psyche, but it can sap your energy level. You don't have to simply put up with being super tired or drained. Here are some tips for fighting fatigue:

- **Be realistic with yourself and your employer**

You're not Superman or Superwoman. So don't set unrealistic expectations about what it is you can do.

- **Adjust your work routine or workload**

Talk to your employer or supervisor about ways to adjust your workload and routine if need be.

This may include flexible scheduling to take advantage of your high-energy times, adjusting your current job duties, delegating work, and or learning a new job that might be less demanding.

- **Set job priorities**

Have a goal for yourself each day to set your top priorities.

- **Try to stay organized**

Combine activities and simplify details. Let others take on some of your tasks so you can focus on your key duties.

- **Pace yourself**

Try to keep a moderate pace rather than rushing through activities. Alternate sitting and standing.

- **Take a break when you're tired**

Short cat naps behind a closed door may help keep you from being overly tired. But keep the naps short because too much rest can actually lower your energy level.

- **Eat right and exercise**

Drink plenty of water to stay hydrated and eat small, nutritious snacks throughout your workday, instead of having a full lunch, to help curb nausea and fatigue. Remember, good nutrition is very important during and after cancer treatment. Work in a little mild-to-moderate exercise during the day. Exercise can be energizing.