Lupus and fatigue

Fatigue (extreme tiredness) is one of the most common features of lupus. Also, it can be one of the most frustrating. It can affect your body and your mind. Experts don't know why extreme tiredness occurs in so many people with lupus.

But there are ways you can increase your energy. Let's look at some.

Keep your lupus under control

This is very important. When your illness is under control, you have more energy.

Pain adds to tiredness. Work with your doctor to develop a plan that helps control your pain.

Know the signs of your illness. If you feel a certain kind of tiredness only during a flare, contact your doctor as soon as you notice it. If you have a sudden or abnormal change in your thinking, it can be a sign of a flare. You should contact your doctor.

Get regular exercise

Exercise may be the last thing you want to do. But exercise can actually boost your energy level. Being weak and out of shape adds to feeling tired.

If you're just starting exercise, be sure to start slow and be patient with yourself. For some people, regular exercise may mean just a short walk.

The key is to find what's right for you. Listen to your body and let it be your guide.

Set priorities

It's easy to feel overwhelmed by all the things you need to do. Try keeping a schedule for day-to-day activities. This way, you can plan for the things you need to do and make sure you have enough time to rest in between.

If you don't have enough energy one day, don't force yourself to do everything on your list. Can it wait until tomorrow? Are there tasks that others can do instead of you?

Ask for help. This is not a sign of weakness. It's a sign of courage.

People around you may not know how being tired effects your life. Listen to your body and say "no" to activities you know will leave you exhausted. Do what you need to do for yourself.

Stress can add to fatigue. Try to avoid activities you know will increase your stress level. Instead, try to build relaxing activities iTT level.