

# LIVING WELL WITH PANCREATIC CANCER: MANAGE YOUR ENERGY LEVELS

## REDUCED ENERGY LEVELS



At some point during your disease and treatment, you may experience a reduction of energy.



This may leave you feeling drained, and too tired to do normal everyday activities and enjoy your life.



There may be other causes of your fatigue and it's important to talk with your healthcare team and let them know how you feel.



Your entire healthcare team (doctor, nurse, pharmacist, dietitian, etc.) may have some tips on how you may be able to regain some of your energy so that you can feel better and do more throughout each day.



Review medications with a member of your healthcare team, as some can cause drowsiness/fatigue.



This information was developed and approved by an expert panel of healthcare professionals in the field of pancreatic cancer.

## THESE TIPS CAN ALSO HELP.



### TRACK YOUR ENERGY WITH A DIARY

- Keep a record of changes in your energy levels. This can help you see when you have more energy to do things and plan important activities at times when you have more energy.
- You can also plan time to rest during the day when you're more tired (before and after activities). It's important to pace yourself so that you don't wear yourself out.



### BALANCE ACTIVITIES

- Save your energy by prioritizing what is most important and meaningful first, such as spending time with family or friends.
- Set yourself easy to achieve goals for each day – something you enjoy doing.
- Be realistic about how much you can do.
- Focus on what you can do rather than what you can't.
- Plan and schedule these valued activities at times of peak energy.
- Organize your day – spread out activities.
- Pace yourself – do one activity at a time, with time to rest between activities.
- Sit, if possible, when doing things to save energy – even using a stool in the shower.
- Use aids like walkers, handrails, wheelchairs, commodes, etc.
- You can also save energy by using frozen or ready-to-eat healthy meals.
- Postpone/eliminate nonessential activities.

## Sleep Well



Turn off all TV/phone screens before going to bed.



Make sure to get 7-8 hours of sleep each night.



Wake up at the same time every day.



Limit caffeine and limit daytime naps to less than 1 hour so it doesn't interfere with night-time sleep.



## DELEGATE ACTIVITIES

- Ask family or friends to help you with less essential, everyday tasks or activities that are difficult for you to do, such as housework, shopping, cooking, etc.



## Eat Well



Ask a dietitian if you need help choosing what foods to eat.



Eating well is important to make sure your body gets the nutrition it needs – try eating a well-balanced diet.



It is important to include foods high in protein, as well as fruits, vegetables, whole grains, and healthy fats.



Pancreatic enzymes may be prescribed to help you digest and absorb nutrients from your food.



Eat small, frequent meals and snacks throughout the day.



If preparing your own meals, eat foods that do not require a lot of energy to prepare.



Drink plenty of fluids to avoid dehydration, including water, juices, smoothies, and liquid nutrition supplements.



## RELAX YOUR MIND

- Try yoga, tai chi, or breathing exercises.
- Try mindfulness or meditation.
- Do something quiet you enjoy, such as reading or listening to music.
- Join a support group or seek counseling.



## STAY ACTIVE

- Any physical activity, if possible, can help increase your energy levels, even a 5-10 minute walk.
- Perform exercises you enjoy.