Fatigue is more than being tired. It is feeling drained of energy, having a hard time doing normal activities, having low motivation, feeling inadequate, and having little or no social contact.

**CAUSES:**
- Lack of sleep for long periods of time
- Burnout and stress
- Crash dieting and eating poorly
- Side effects from allergies
- Depression
- Chronic Fatigue Syndrome (fatigue lasts at least 6 months)
- Mononucleosis
- Alcohol or drug abuse
- Anemia
- Hepatitis
- Autoimmune disorders, such as thyroid disease, diabetes, lupus, multiple sclerosis, and fibromyalgia
- HIV/AIDS
- Leukemia

**FATIGUE**

Do you have

- Unexplained weight gain
- Mental sluggishness
- Longer and heavier menstrual periods
- Bladder problems
- Muscle spasms
- Poor coordination
- Emotional mood swings
- Joint pain
- Mouth sores for more than 2 weeks
- A rash on your cheeks for more than a month
- Skin rash after being in the sun
- Pain for more than 2 days when taking deep breaths
- Painting
- Seizure or convulsion
- Headache
- Insomnia
- Flu-like symptoms
- Pregnancy is possible

- Fever
- Sore throat
- Swollen lymph glands in the neck area
- Loss of weight or appetite
- Pain in the upper left abdominal area
- Jaundice (yellowing of the skin)
- Dark urine
- Stools that are pale and clay colored
- Vomiting and nausea
- Pain in the abdomen
- Constant urination
- Abnormally increased thirst or hunger
- Extreme irritability
- Itching and/or skin infections that don't clear up easily
- Tingling, numbness, or pain in the arms and legs
- Blurred vision, double vision, or loss of vision
- Hair loss
- Decreased tolerance to cold temperature
- Constipation