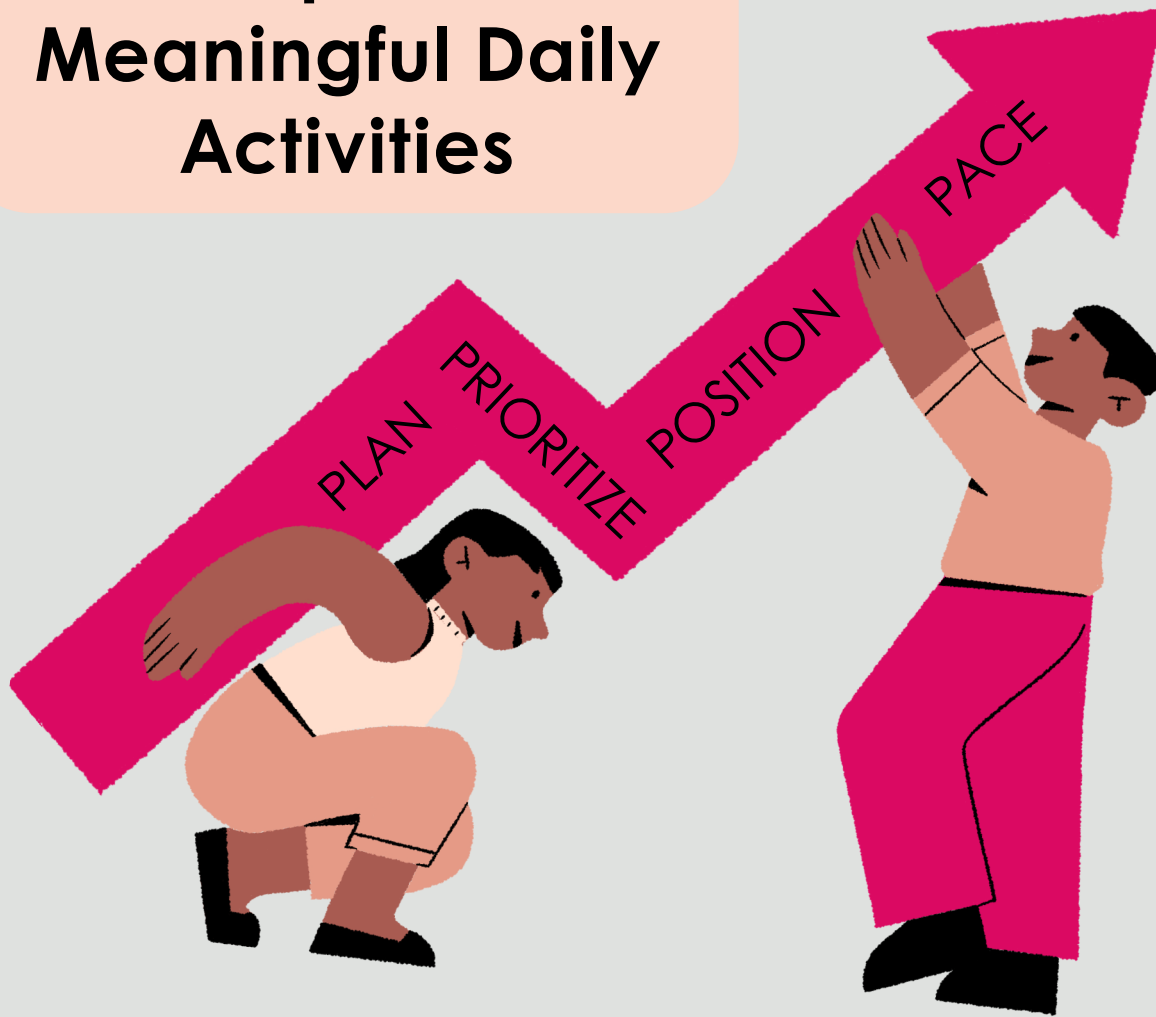


Enhance Your Participation in Meaningful Daily Activities



Learn techniques to better manage cancer related fatigue.

Establish safe routines with self-care tasks.

Improve opportunities for intimacy with loved ones.



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Table of Contents:

What is the Difference Between Fatigue & Cancer Related Fatigue?....	03
Rest & Recharge.....	04
Define Energy Conservation.....	05
Energy Conservation for Intimacy.....	10
Conclusion.....	13
References & Resources.....	14
Appendix.....	18
Appendix A: Fatigue Diary.....	18
Appendix B: Monthly Planner.....	19
Appendix C: Digital Reminders.....	20
Appendix D: Self-care Checklist.....	21
Appendix E: Weekly Planner.....	22
Appendix F: Energy Conservation Cheat Sheet.....	23



What is the difference between everyday fatigue & cancer related fatigue?

Fatigue is described as extreme tiredness that results from physical or mental exertion or illness (2019). Individuals can experience fatigue as the body's natural way of expressing the need for rest.

Cancer-related fatigue (CRF) can be an overwhelming feeling of exhaustion that cannot be overcome with a good night's rest. It can interfere with a person's quality of life regardless of diagnosis, prognosis, or treatment (Barsevick et al., 2004). **CRF is not due to over-activity**; however, rest, as a means of conserving energy, can allow an individual to continue participation in valued activities (Barsevick et al., 2004).

Some common signs of CRF include:

- Weakness or tiredness lasting longer than two weeks (14 days)
- Weakness or tiredness accompanied by weight loss
- Tiredness that remains after rest/sleep; it keeps coming back or is getting worse
- Spending extra time in bed for unusual periods of time
- Significantly increased difficulty concentrating or becoming confused more easily



Over the years, researchers have discovered successful approaches to CRF. Many are non-pharmacological interventions that focus on the mind-body connection to improve participation in meaningful tasks.

This resource is designed to guide you in creating opportunities to participate in daily activities and engage in intimacy with yourself and/or others. Taking the time to understand strategies that can improve quality of life during the journey of breast cancer and chronic illness is considered an act of self-care. You deserve to participate in all meaningful activities, and **Project Pink'd** hopes you will remain open to the contents of this resource.

It is important to speak with your cancer care team and primary healthcare providers **prior** to participating in unfamiliar strategies during treatment and survivorship.

Rest & Recharge



Take time to understand how your body responds to rest and sleep during times of fatigue as well as in times of high energy. Knowing when to rest, when to hydrate, how to set up the environment, and providing yourself with alternative approaches to health and wellness are half the battle.

Sleep

Changes or disturbances in sleep patterns can frequently be a challenge for cancer patients. Factors that may affect sleep include long daytime napping, depression, anxiety, medication side effects, hot flashes, dietary aspects, and nightly bathroom usage (Escalante & Manzullo, 2009).

TAKE ACTION: Sleep hygiene, like many other routines (such as skin and hair care), can be adjusted and modified to best fit YOU! Some recommendations from researchers are to reduce caffeine intake near bedtime, adjust your environment to your level of comfort (peaceful, dark, cool, use of a noise machine), and engage in soothing activities prior to bedtime such as reading, prayer, progressive muscle relaxation, breath work, or meditation (Escalante & Manzullo, 2009). Combining massage therapy, yoga, mindfulness-based stress reduction, and guided-imagery can also reduce fatigue and promote more well-rested sleep (Escalante & Manzullo, 2009).

Hydration

Drinking water is not the only approach to staying well hydrated. Dehydration is when your body does not have enough fluids it needs to work as it should (2024). You can become dehydrated due to low electrolyte levels, diarrhea, vomiting, and swallowing difficulties. Prolonged dehydration can lead to serious health complications (Elliott, 2024). You are more likely to become dehydrated if you have cancer, especially due to chronic illness, age, cognitive limitations (such as memory or attention changes), or when you exercise (2024). Dehydration can worsen fatigue. Common symptoms of dehydration can be a dry mouth or lips, thirst, dizziness, headache, weight loss, sunken eyeballs, poor appetite, and a swollen or dry tongue (2024). The desired level of fluid intake depends on multiple factors (i.e. weight, age, health status, medications and diet), and it is recommended to talk with your primary care provider and cancer team about your personal goals to stay well hydrated.

TAKE ACTION: Fluids are not only found in liquids but foods as well. Foods such as watermelon, cucumbers, broccoli, strawberries, cantaloupe, peaches, oranges, plain yogurt, broth, and many others have high percentages of water content (Elliott, 2023). Drinking small amounts of fluid along with consuming foods high in fluids can allow you to manage hydration levels. Create reminders every few hours to drink and eat.

Energy Conservation

Energy conservation strategies (ECS) are techniques that allow you to simplify activities with the goal of using the least amount of energy. By conserving your energy throughout the day, you can participate in more intimate activities with yourself or your partner(s) (2024). This technique is utilized by those who suffer from shortness of breath, high levels of fatigue, and pain (Omura et al., 2022).



Strategies used to conserve energy are effective therapeutic interventions for breast cancer survivors (Sageghi et al., 2016).

- Educates individuals on the importance of rest and planning rest periods for each day.
- Improves communication with others regarding fatigue and its effects.
- Encourages creativity when designing activity stations.
- Restores participation in meaningful activities.
- Creates awareness among individuals and their loved ones on shifting routines and habits. As you become more mindful of energy use, you may notice adjustments in schedules or appliance usage, prompting conversations about sustainability and collective responsibility.

There are various approaches to energy conservation, depending on your previous health history and current medical status, particularly in relation to diagnosis or treatment. Working alongside healthcare providers, like occupational therapists (OTs), you can create your individual plan to conserve energy. **OTs are knowledgeable healthcare providers who are skillful in customizing a variety of patient treatments and interventions while working within different contexts, diagnoses, and environments (Omura et al., 2022).**

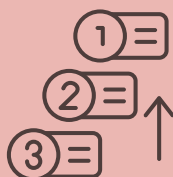
Every individual's energy level can depend on sleep, diet, medication, pain, or available support from caregivers. For example, if date night is two days away and you know you want to ensure you have enough energy for your partner, you may schedule bath time with your children the night before to prioritize your energy usage. It is important to create your own unique strategies for energy conservation that reflect your way of life and how YOU imagine your goals being met. This may take time, but immersing yourself in this literature is a great first step.

Energy conservation can be broken down into four concepts:

PLAN



PRIORITIZE

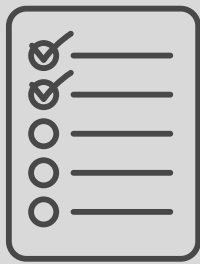


PACE



POSITION





Energy Conservation:

PLAN

The act or process of creating a detailed map to achieve a task (Smith-Gabai & Holm, 2017).

The planning phase of energy conservation does not need to be the **first** step for understanding your energy level changes throughout the day. Planning can decrease anxiety and provide structure to your schedule (Smith-Gabai & Holm, 2017). Some individuals may try different activities first to determine which ones may require additional support and planning. There can be many creative approaches to planning how you conserve your energy. Taking the time to plan your day, week, or month is beneficial to ensure you have enough energy to participate in meaningful activities (2025).

Some strategies to begin planning:

- Track your energy with a **fatigue diary** to document energy levels on a scale of 0 (not tired) to 10 (extreme tiredness) as you complete tasks. Filling in your diary throughout the week can help you identify patterns of when you have the most energy and which activities are more draining. Utilizing a fatigue diary can assist in planning with your loved ones or healthcare team the best scheduling for treatments, appointments, self-care, or mental health days, as well as help you create realistic goals for future accomplishments. You do not have to write about every task you complete. Choose 1-2 tasks that are important to accomplish daily or weekly that you would like to track your energy while completing. **APPENDIX A** provides an example of a fatigue diary.
- Use a **paper or digital calendar** to visualize your weekly schedule with adherence to medications and appointments. The calendars can be written, on a computer or electronic device, whiteboard, or printed. This calendar does not need to only have your special events; add your loved one's schedules as well to provide insight into managing social interactions. **APPENDIX B** provides examples of calendars.
- Create **notifications** on your mobile devices (phone, tablet, computer, or email) to initiate reminders to take breaks or staying hydrated. **APPENDIX C** provides examples of digital notifications.



Ask yourself: What do I need to carry out this task?
What time of day is best for me to accomplish it?
What do I need to do in each stage of the task
(sit, walk, stand, concentrate)?

Energy Conservation:

PRIORITIZE

Determining the order for dealing with a series of activities according to their importance (Smith-Gabai & Holm, 2017).

Planning and prioritizing allows you to identify what activities or tasks need to be completed and when they should be addressed (Smith-Gabai & Holm, 2017). When creating a list of meaningful tasks, organize them in order of importance; avoid only listing tasks from easiest to hardest. If your goal is to participate in more activities, making a list of less tiresome and more tiresome tasks can allow better planning. Alternating activities may increase your accomplishment of tasks as well as allow for proper rest time between activities (Smith-Gabai & Holm, 2017). Prioritize rest time before AND after heavily exerted tasks to reduce the risk of extreme fatigue (i.e. baths, treatments, cooking, physical activity) (Smith-Gabai & Holm, 2017).

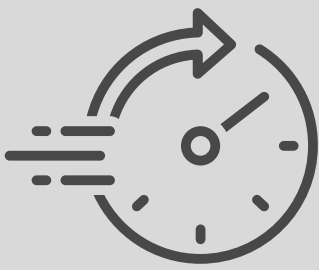
Whether you are a family of one or living in a multigenerational living space, taking the time to prioritize activities can provide awareness of how breast cancer has affected your quality of life. It is important to maintain your roles and relationships within your home. Individuals are being diagnosed with breast cancer at younger and younger ages. According to the National Breast Cancer Foundation, 9% of new breast cancer diagnoses in the United States in the year 2025 are women younger than 45 years old (2025). Suppose you are a caregiver, and your favorite task every morning is to pack meals and write personalized notes. In that case, you must become aware that this task should be incorporated into your prioritizing process. **APPENDIX D** provides an example of a caregiver prioritizing and planning their meaningful tasks.

TAKE ACTION:

- Decide which activities or events are important to do within the next day or what can be completed later.
- Do activities that are most important or need to be done first when you have the most energy or when your medications are at their peak. Discuss with your healthcare provider if certain medications have optimal performance times.
- Week-to-week schedules may vary if you are undergoing active treatment. Give yourself grace when prioritizing your daily schedule. You may find yourself eliminating unnecessary tasks from your priority list. **APPENDIX E** provides an example of a self-care to do checklist for the week to create awareness in participation in basic activities of daily living.
- It is acceptable and encouraged to ask for help. Reach out to loved ones you trust or local organizations that can assist you with meals, medical appointment rides, or cleaning services. Prioritizing your needs and utilizing outside sources does not mean you must never perform these activities again. Having self-awareness that you cannot safely complete the task at this time shows growth and understanding.

Ask yourself: Does it need to be done today?
Can I do this alone or do I need support?
Does it need to be done at all?





Energy Conservation:

PACE

Rate of movement, performance, or progress during a task (Smith-Gabai & Holm, 2017).

OTs working to educate breast cancer patients on ECS recommend moving or working at a moderate pace with slow motions when participating in meaningful tasks (Smith-Gabai & Holm, 2017). If you are feeling unwell and your energy is low, the least tiring task can become fatiguing. Do your best to keep your tasks simple and be aware that some activities may take longer than usual to complete. When you are conserving energy, it is important to know how to pace yourself through meaningful activities. It can be challenging to face the reality of having less “stamina” throughout the day, but understand that treatments and medications can also limit your body’s ability to “bounce back”. Allow yourself enough time to get projects or tasks done.

A self management workbook created by Penman and Woolnough lists multiple factors to consider when pacing a meaningful activity or task (2012):

Time: The longer the period of time it takes to complete an activity, the more energy it will require. Set a time limit for activities based on how long you can tolerate the activity without experiencing increased fatigue afterward. Once you can maintain the activity tolerance, the time can increase or decrease depending on your results.

Distance: This is useful to consider when measuring the motion it takes to participate in an activity (walking, driving, steps). When distance is reflected on prior to energy exertion, it is good to note if rest areas are available (rest stops, benches, chairs). This allows you to pause, if and when needed, and return to the activity later. You can measure improvement by identifying markers to track distance (cellphones, walking apps, Fitbit).

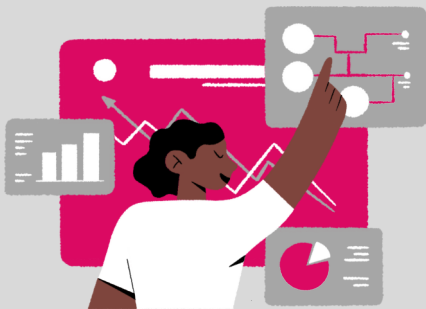
Strength: In relation to muscle power and stamina. Muscle tone decreases with inactivity. To adapt an activity that requires strength, try to make the work load/weight as light as possible and gradually increase if possible. For example, gradually increase the amount of grocery bags being carried in from the car or increase the number of stairs you take without stopping.

Speed: This is the combination of time and distance. It is the ability to perform a task faster. Going faster may cause more mistakes. Reduce the speed you do things. Remember the story of the turtle and the hare? Slow and steady.

Resistance: The more resistance/pull, the more strength required to complete a movement or motion. Reduce resistance when possible. For example, it takes less strength to walk along a level surface rather than up hill or carrying multiple items inside your home.

Rest: Avoid resting in front of a TV or scrolling on your phone. Quality rest is when you are truly relaxed and let your internal batteries recharge. Prolonged periods of rest increase deconditioning (joints become stiff and muscles weaken). Find balance in rest and movement. Use rest as a pause between activities for your body to relax. Short periods of activity and rest can increase your total amount of participation in the daily activities you complete.

Complexity: The more mental processes used for an activity, the more energy it will require. Fatigue can affect your ability to concentrate on complex activities at the same time. For example, talking on the phone and remembering the cooking instructions for the lasagna. Focus on one task at a time and remove distractions that alter concentration (background noise).



Take breaks if needed during or between activities if you feel the need to sit down and rest. Stop before you get too fatigued. Know your limits.



Energy Conservation:

POSITION

Relates to the energy exerted when performing an activity based on body movements and the activity environment (Smith-Gabai & Holm, 2017).

ECS utilize good body mechanics and posture during activities (Smith-Gabai & Holm, 2017). If standing for activities becomes painful or tiresome, sitting down can decrease pain and allow you to continue participating in the task. If you need to change positions during certain activities, remind yourself to sit down in a safe place the next time you begin the task to reduce fatigue (i.e. bathing, dressing, folding laundry, meal preparation, or talking on the phone) (Smith-Gabai & Holm, 2017). Utilizing various adaptive equipment tools, such as reachers, long-handled brooms or mops, long-handled sponges, or shower hoses, can help you maintain good body mechanics (Smith-Gabai & Holm, 2017).

Positioning for ECS does not have to apply only to your physical body when participating in a task. Adapting the items and environment around you can help maximize your energy (Smith-Gabai & Holm, 2017). Placing commonly used items at pelvic or chest height limits the amount of energy exerted, whereas reaching lower down and overhead recruits more muscles and, in turn, increases energy expenditure (Smith-Gabai & Holm, 2017). You can place your most frequently used dishes on the lowest shelf in the cabinet or store clothing in dressers at hip height instead of lower drawers. You can organize your environment to complete the activity in one space, if applicable, and gather all necessary items before you start your task. Plan and organize the day before to conserve energy and avoid scrambling to gather necessary supplies on the day of your activity.

TAKE ACTION:

- Avoid bending or reaching excessively to avoid fatigue or shortness of breath.
- Do not sit in one position for too long, as this can reduce circulation and increase stiffness or pain.
- If you are trying to stay focused reading or watching an educational video, avoid sitting in a comfy chair, as you may notice yourself nodding off. Sit in a comfortable upright position with feet flat on the ground.
- If you are standing, keep your back straight, your feet shoulder width apart with your arms at your side. Avoid crossing your arms over your chest for long periods of time; push your shoulders back and down if possible to avoid rolled shoulder posture.
- Every few minutes check-in with yourself to ensure your posture is comfortable.



Ask yourself: How is my posture?
How am I sitting or standing?
Am I uncomfortable during this activity?
Could a pillow or towel assist in
my body's positioning?

Energy Conservation for Intimacy



There is no limit to the number of meaningful activities that can be adapted or modified to best fit participation levels when using ECS. This educational resource hopes to create awareness of the importance of maintaining intimate roles and relationships when sexual health is impacted by breast cancer. Sexual health concerns can significantly affect a person's quality of life. Breast cancer and the many treatments or medications can affect a person's sexual health and participation in intimacy tasks (Mokhtari-Hessari & Montazeri, 2020). OTs view sexual activity as an activity of daily living that describes engaging in broad opportunities for sexual experiences with oneself or partners, as well as sexual expression (AOTA 2020). OTs value supporting breast cancer patients in participating in daily living activities. Similar to dressing, eating, toileting, and showering, sexual activities like hugging, kissing, foreplay, oral sex, intercourse, and self-touch hold value in our daily lives. Breast cancer patients can use ECS to maintain intimacy without excessive discomfort or fatigue.

It is important to note that you have the right to create awareness among your cancer care team and health providers if cancer has impacted your sexual health and wellness. Some providers may not ask if intimacy or sexual activities are being affected by your prognosis or medications.

Sexual health and intimacy activities can look different from one person to another. Your life experiences and how you learned about sexuality and your body can shape your perspective. It is never too late to gain knowledge of your body and how all systems are affected by cancer and treatments.

Research shows that only 18% of women can orgasm from penetration alone (Swink, 2022; Herbenick et al., 2018). When participating in intimacy, one concept to understand the complexity is to view it as a combination of outercourse and intercourse. You do not need one to have the other, and you do not need both for it to be considered sex or intimacy. You have the right to determine how to spend your time participating in intimate activities. Outercourse is non-penetrative sexual activity that stimulates other erogenous zones (Swink 2022). Examples of erogenous zones can be the vulva, clitoris, breast, nipple, neck, or mouth (Swink 2022). Engaging in outercourse allows for a building of trust between yourself and your partner(s), creates opportunities to get in tune with your body, as well as to explore and relearn what you find pleasurable (Swink 2022). Attempting to re-discover what is pleasurable can be intimidating, but having an open mind and realistic expectations can promote intimacy.

Energy Conservation for Intimacy



By adapting intimacy to their energy needs, breast cancer patients and survivors can maintain closeness and connection with loved ones and themselves while prioritizing their well-being. Please note that **intercourse and vaginal penetration should not hurt**. If it begins to hurt, STOP what you are doing, turn off the device if possible, or tell your partner to stop. Suppose the pain or discomfort does not subside during a rest period, and you are not comfortable proceeding with the activity. In that case, it is recommended to refrain from continuing the activity until pain levels are low or until a comfortable level is reached. Pain with penetration can be caused by several reasons during cancer treatment and survivorship, but having the control to adapt and modify your surroundings and positioning can enhance your participation in meaningful intimate activities.

Adapt your environment for comfort:

- Change the lighting to what best comforts you and/or your partner(s).
- Find comfort in what you wear during or before intimacy.
- Pillows, wedges, and towels can support your body.
- If medication affects performance, ask your healthcare provider if participating in intimate acts at the peak of the medication is more beneficial.

Modify your penetrative positioning with a partner or suctioned device (Rawlins, 2023):

- Person/device seated on a chair and the other standing, facing away.
- Person/device seated on a surface with you straddling and leaning backward onto your arms.
- Person/device seated on the edge of the couch or bed, and as you straddle them/it with your arms around their shoulders or holding onto a secured surface.
- Person/device lying on their back or on the floor, and you are straddling, facing away.
- Lying on your side facing the same direction as the partner, with optional leg support on the couch or bed, or from the partner.
- Straddle your partner/device with arms supported on a surface.
- Place your partner/device on a chair with you seated on their lap, leaning forward with hands on their thigh or another surface.
- With your partner behind you (both kneeling), you lean forward onto steady surface.
- Lying on your side, facing the same direction as your partner, with legs bent.
- Facing each other with your legs draped over your partner's hips.

It is okay to feel awkward or uncoordinated placing yourself or devices into new positions. Do not be discouraged if the first few attempts do not give you the results you were hoping for. Keep trying! **There is no shame in exploring how your body embraces pleasure!**

Energy Conservation for Intimacy



Approaches to intimacy utilizing ECS:

Plan time when you are well-rested: Engage in intimate moments when energy levels are at their peak, such as after a rest period or when you feel your best.

Explore assistive devices: Cushions, pillows, wedges, towels, lubricants, vibrators, dilators, and sturdy furniture can help reduce strain on the body and increase comfort during intimate activities.

Take breaks and pace your tasks: Avoid over-exerting yourself when participating in more physically demanding intimacy. Allow breaks and prioritize relaxation before and after. If you are taking long-acting medication, plan intimacy or sexual activity when it is at its peak effectiveness.

Manage pain and symptoms: If you are using pain management strategies daily to reduce discomfort, incorporate those techniques into intimate moments to enhance enjoyment.

Engage in non-physical intimacy: Explore alternative activities (self-touch, massage, kissing, cuddling) that may require less movement or energy exertion. Holding hands and deep conversations can maintain closeness without physical exertion. This allows you to discover where and how you enjoy being touched (feet, thighs, arms, neck, ears, spine, glutes, and perineum). Never judge what you need in order to be comfortable.

Modify positions and activities: Choose comfortable positions that require less energy to maintain. Lying down or side-by-side cuddling can reduce pressure on sensitive areas.

Communicate openly: Communicate with yourself and partner(s) about altering who provides the majority of the movements or support to maintain positioning. Discuss energy levels, boundaries, and preferences with a partner ahead of time to ensure individuals feel supported, validated, and comfortable.

Certain medications and cancer treatments have side effects or precautions to be mindful of during intimate connections. Ask your oncologist, radiologist, and cancer team if there are certain time frames or rules to follow when coming into contact with bodily fluids.

Self-care suggestions for positioning and planning before or after intimacy:

Showering: Have towels and clothes within reach. For example, if an appointment requires a large amount of travel, shower the night before, organize clothes ahead of time, and plan the safest route that allows rest breaks if needed.

Dressing: Avoid clothes that could become a trip hazard if you are removing them or putting them on in limited lighting.

Toileting: Have proper cleaning supplies available if there is a need to wash or remove stains after intimate activities. Any bodily fluids that may have been expelled onto your body should be cleaned shortly after intimate tasks to maintain skin integrity.

Grooming: Perform regular skin and oral routines before and after intimate activities if bodily fluids are/were exchanged.

Conclusion

ECS enable individuals and their healthcare providers to recognize limitations resulting from breast cancer and its treatments. By planning your day, pacing your activities, simplifying tasks, and prioritizing rest, you can effectively manage cancer-related fatigue and maintain your energy levels. Remember that everyone's experience with breast cancer and cancer-related fatigue is different, so what works for one may not be as effective for another. Be kind to yourself and patient as you figure out what strategies are most helpful for you.

Intimacy plays a crucial role in the emotional and physical well-being of individuals facing breast cancer, fostering connection, support, and resilience. While the journey through diagnosis and treatment can bring significant physical and emotional changes, maintaining intimacy—whether through physical touch, open communication, or emotional closeness—can help strengthen relationships and provide comfort. It offers reassurance that love can transcend illness and support you and your partner(s) in overcoming challenges together. By prioritizing intimacy in all its forms, you can find resilience, deepen your bonds, and embrace healing with a sense of love and security.

Talking about sexual concerns can be difficult, but finding the courage to express these concerns to family members and healthcare providers is important in maintaining health and wellness (2024). Talking to a counselor, mental health therapists, occupational therapist, or sex therapist can assist you in finding ways to overcome limitations in sex and intimacy.

APPENDIX F provides a cheat sheet on energy conservation strategies that highlight the key points of this resource. If you or your loved ones have concerns or questions about sexual health, intimacy, energy conservation, or cancer related fatigue, talk with your primary care provider and cancer team for further guidance on your journey to health and wellness.

Project Pink'd hopes you have gained a better understanding of strategies to manage daily life and the effects of breast cancer. Thank you for taking the time to read through this educational resource.

YOUR FEEDBACK
IS APPRECIATED.



SCAN ME



REFERENCES &
ADDITIONAL INFO



SCAN ME

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Appendix A

Fatigue Diary

FATIGUE DIARY


Rate how tired or fatigued you are feeling on a scale of zero to ten (0-10). Zero (0) is no level of fatigue or tiredness and ten (10) is the most fatigued or tired.

***Take note: What activities were the most tiring? At what time of day are you the most energized? What time of day are you the most tired? Are medications allowing your participation in daily activities to increase or decrease?

Date:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM-8AM							
8AM-11AM							
11AM-2PM							
2PM-5PM							
5PM-8PM							
8PM-11PM							
11PM-5AM							
NOTES							

Appendix B

Monthly Planner



PROJECT *pink'd* inc.
Helping Survivors Thrive
www.projectpinkd.org

NOTES:

MONTH:

YEAR:

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>

MONTH:

YEAR:

notes:



PROJECT *pink'd* inc.
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<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>

Appendix C

Digital Reminders

11:21

LTE

< Lists

⋮

Scheduled

Today

☐

!!! Take a drink of water 💧
Reminders 10:30 AM ↺ Daily

☐

Sit down for break
Reminders 11:00 AM ↺ Daily

☐

!!! Take a drink of water 💧 and eat 🍓
Reminders 12:00 PM ↺ Daily

☐

!!! Take a drink of water 💧
Reminders 3:00 PM ↺ Daily

☐

Sit down for break
Reminders 4:00 PM ↺ Daily

☐

!!! Take a drink of water 💧
Reminders 8:00 PM ↺ Daily

☐

Tomorrow

Fri Feb 21

Sat Feb 22

Sun Feb 23

Mon Feb 24

11:26

LTE

Edit

Alarms

+

Other

7:15AM

Drink 💧, every day

☒

7:25AM

Morning meds, every day

☒

10:15AM

Rest time, every day

☒

2:30PM

Drink 💧, every day

☒

8:00PM


Rest, every day


☒


9:30PM


Night meds, every day

☒

 World Clock

 Alarms

 Stopwatch

 Timers

Appendix D

Self-Care Checklist



Self-Care CHECKLIST

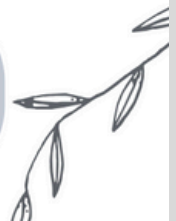
Performing self-care expresses the loving commitment to oneself. How are you going to cherish yourself this week?

Physical Self-Care	M	T	W	T	F	S	S
Eat a healthy, nourishing meal							
Drink water with every meal							
Move your body							
Do skincare routine AM and PM							
Take a bath or shower							

Mind & Spiritual Self-Care	M	T	W	T	F	S	S
Attend a support group or class							
Read, meditate, or pray for 30 minutes							
Listen to a podcast episode							
Learn something new							
Plan out your week in advance							

Emotional Self-Care	M	T	W	T	F	S	S
Practice daily gratitude							
Spend time with a loved one							
Foster a positive mindset							
Spend time outdoors and in nature							
Journal your thoughts for 5 minutes							

Notes:



Appendix E
Weekly Planner

Weekly Planner

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6.00-6.30 am	Wake up call				
6.30-7.00					
7.00-7.30	Breakfast				
7.30-8.00					
8.00-8.30	Pack lunches and school drop off				
8.30-9.00					
9.00-9.30	Rest break				
9.30-10.00					
10.00-10.30	Medication and one household chore				
10.30-11.00					
11.00-11.30	Shower				
11.30-12.00 pm					
12.00-1.00	Lunch				
1.00-1.30					
1.30-2.00	Support Group				
2.00-2.30					
2.30-3.00	School pickup				
3.00-3.30					
3.30-4.00	Homework time				
4.00-4.30					
4.30-5.00	Rest Break				
5.00-5.30					
5.30-6.00	Supper				
6.00-6.30					
6.30-7.00	Bath time				
7.00-7.30					
7.30-8.00	Seated nighttime routine				
8.00-8.30					
8.30-9.00	Medication and one household chore				
9.00-9.30					
9.30-10.00	Plug in devices				
10.00-10.30					
10.30-11.00	Sleep				
11.00-11.30					

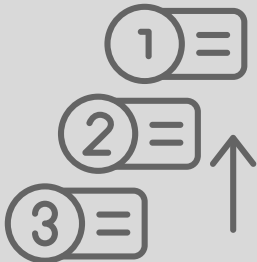


Energy conservation cheat sheet



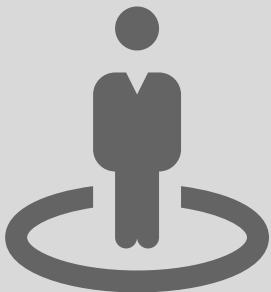
Plan

Avoid overloading your to-do list.
Plan your activity times around your level
of energy and medication schedule.
Utilize a written or electronic
schedule to manage tasks.



Prioritize

Decide which activities take up the most
energy and must be done right away.
Do activities that are important to you
when your energy level is high.



Position

Be aware of body positioning.
Avoid excessive bending or reaching.
Do not sit in one position for too long.
Utilize pillows or towels for extra support.



Pace

Take breaks regularly prior to
being too fatigued.
Avoid rushing.
Understand your limits and allow enough
time to complete tasks.