A FREE GOOUTLIVING GUIDE

3 GENTLE DAILY HABITS TO SUPPORT YOUR ENERGY

AFTER CANCER TREATMENT

A practical starting point for moving from survival mode toward living more fully.

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Realistic movement, nourishment, habits and support - without shame.

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WELCOME

Post-treatment fatigue is real

Finishing treatment is a hard-fought victory. Yet many people expect relief and instead discover that their energy has not returned on the same timeline.

Cancer-related fatigue can feel different from ordinary tiredness. It may persist after rest and can affect concentration, motivation, movement and everyday tasks. Recovery is not a test of willpower, and it rarely happens all at once.

The three habits in this guide are gentle starting points. Adapt them to your current capacity, your medical team's guidance and the realities of your life. Small actions count.

IMPORTANT: TALK WITH YOUR HEALTHCARE TEAM

New, severe, persistent or worsening fatigue deserves medical attention. Fatigue can have treatable causes, including anemia, infection, medication effects, sleep problems, pain, nutritional concerns and emotional distress.

HOW TO USE THIS GUIDE

Choose one habit. Make it small enough to repeat on a difficult day. Track how you feel before and after. Adjust without guilt. The goal is not to prove how much you can do - it is to learn what supports you.

HABIT 1

Budget your energy before it runs out

Think of daily energy as a limited account. When you spend far beyond what is available, tomorrow may begin in 'energy debt.' Pacing helps you make deliberate choices before your body forces a stop.

- **Audit your day:** Write down the tasks you expect today. Mark which ones tend to give energy, use a little energy or drain a lot of energy.
- **Add a recovery buffer:** Avoid stacking demanding tasks when possible. Place a recovery period between errands, appointments, household work or social activity.
- **Leave something in the tank:** Pause before you are completely depleted. Check in early enough to change course, shorten the task or ask for help.
- **Use flexible targets:** Your capacity may change from day to day. Adjusting the plan is useful information, not failure.

TRY THIS TODAY

Choose one high-drain task. Decide in advance what 'enough' looks like and what recovery will follow it. Write both choices down before you begin.

HABIT 2

Use an up-to-10-minute movement window

When your healthcare team has cleared you for activity, gentle movement may help you rebuild function and reduce the effects of prolonged inactivity. The right starting point might be one minute, five minutes or ten minutes.

- **Pick one option:** Choose something low-pressure: a slow walk, seated movements, gentle mobility or another activity already approved for you.
- **Start smaller if needed:** Begin with an amount that feels manageable today. You do not have to reach ten minutes for the habit to count.
- **Check in:** Notice symptoms, effort and energy. If you feel well and have been cleared to continue, you may add a little. If not, stop.
- **Remove the guilt:** One minute done consistently can be more useful than a hard session followed by several difficult days.

PAUSE AND ASK FIRST

Contact your medical team before increasing activity if you have anemia, low platelets, infection, bone involvement, balance problems, significant weakness, new symptoms or any medical restriction. Stop and seek guidance for concerning symptoms.

HABIT 3

Support hydration and balanced fueling

Treatment, digestive changes, surgery, medication effects and appetite changes can make eating and drinking complicated. The goal is not a perfect diet. It is a realistic pattern that meets your needs and feels tolerable.

- **Start with hydration:** If fluids are not restricted for you, begin the day with water or another drink your care team recommends. Keep fluids visible and easy to reach.
- **Add before subtracting:** Rather than overhauling everything, add one supportive food you tolerate: fruit, vegetables, whole grains, protein or another option that fits your plan.
- **Reduce the workload:** Use easy foods on low-energy days. Prepared, frozen, canned and convenience foods can still be useful tools.
- **Get personalized help:** If eating is difficult, weight is changing unintentionally, or surgery affects digestion, ask your oncology team for a referral to an oncology dietitian.

TRY THIS TODAY

Choose one drink and one simple food you can keep available for a difficult day. Make the supportive choice easier to reach than the alternative.

YOUR WORKSHEET

Daily energy check-in

Use this page to notice patterns - not to grade yourself.

DATE

ENERGY BEFORE (0-10)

TODAY'S SMALL ACTION

ENERGY AFTER (0-10)

WHAT HELPED?

WHAT WILL I ADJUST NEXT TIME?

DIFFICULT-DAY VERSION

What is the smallest version of this action that still counts?

YOUR NEXT STEP

Small, supported choices add up

Rebuilding after cancer does not happen in one dramatic leap. It happens through realistic actions, honest check-ins and support that respects what your body has been through.

Brandt Performance provides coaching and education. GoOutLiving is a private community focused on practical movement, nourishment, habits and confidence - one realistic step at a time.

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EDUCATIONAL USE ONLY

This guide provides general education and is not medical advice, diagnosis or treatment. Cancer-related fatigue and nutritional needs vary considerably. Consult your oncology team or another qualified healthcare professional before changing your activity, nutrition or recovery plan. Seek medical attention for new, severe or worsening symptoms.

TRUSTED SOURCES

- American Cancer Society - What Is Cancer-related Fatigue?
- American Cancer Society - Physical Activity During Cancer Treatment
- National Cancer Institute - Fatigue and Cancer
- ASCO Guideline - Management of Fatigue in Adult Survivors of Cancer

Links were active when this guide was created. Last reviewed: November 2026.