

When I walked up the stairs, I thought I wouldn't make it. I am always looking for a chance to sit down. I am at point zero. I cannot go on thinking, I am too tired. I just could not walk as far as I used to. I feel like someone let the plug out somewhere and all my energy drained out. My brain doesn't function. Tired means that you can hardly put one foot in front of the other. It affects my relationship with my kids, my relationship with my husband, my relationship with my friends. I had no strength anymore. Sometimes I feel sad because I cannot do as I used to. Walking to the bathroom makes me feel extremely tired. I was dead tired. When I get up, my legs feel like spaghetti. I feel like my battery just ran dry. When I'm tired even chewing food can make me tired. When the fatigue does not stop, it would be better if my life was over. It is in the limbs, but also in the head, it is 'total tiredness'. I didn't answer the phone, because it was work to talk. I have arrived at my own set of priorities; I try not to waste mental energy on things I cannot change. I feel knock out. That's what makes me regret, feeling too exhausted to enjoy the people who have given me such pleasure. You feel like a block concrete, there's this heaviness in your body. I feel tired.

## **CANCER-RELATED FATIGUE** a multidimensional approach

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