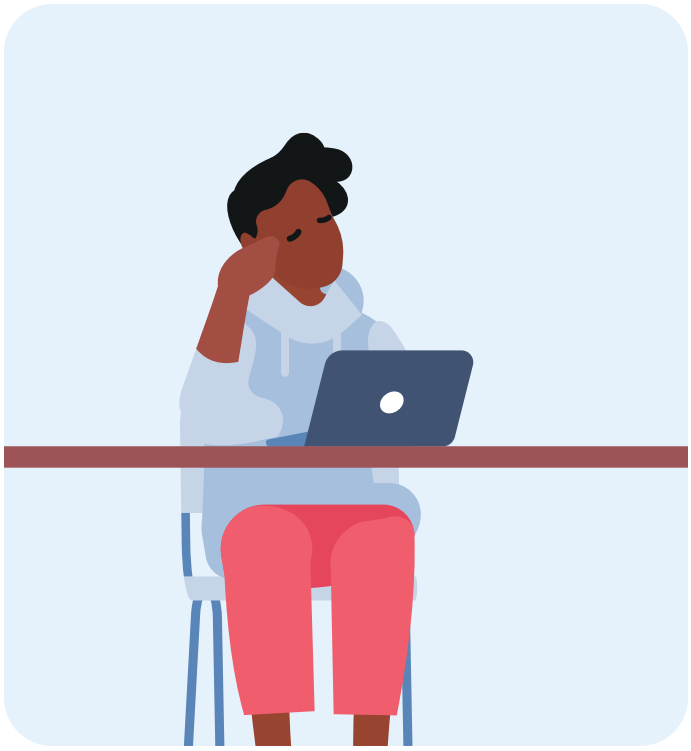
Exhaustion

EMERGENCY: CALL 911 IF

- You are losing control or are thinking about harming yourself.
- You have trouble breathing.
- You have chest pain.
- You are confused or are exhibiting unusual behaviors.



When to seek **professional** help

- You always feel tired and are not improving despite sleeping at night.
- You have headaches, dizziness or unusual pains in addition to fatigue.
- You have trouble performing your everyday tasks both at home and at work.
- You have lost or gained weight for no reason.
- You have trouble sleeping, you feel sad or angry.

How to get **help**

- 24/7, dial 811 *option 2*
- Go to a CLSC
- Go to the allermieuxamafacon.ca website
- Call your pharmacist
- Make an appointment with your doctor
- If you do not have a doctor, dial 811 *option 3*

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

Québec

Exhaustion is an extreme state of physical and mental fatigue. It occurs when the body is no longer able to recover.

Self-care



Rest: Sleep or relax somewhere quiet.



Diet: Drink water regularly and snack on things such as fruits, vegetables and nuts. Avoid alcohol and limit coffee.



Screens: Take a break from your phone, computer and television. Use your screen time to focus on your well-being by going to sites such as *Getting better my way*.



Relaxation: Go for a walk or meditate.



Help: Ask a loved one for help or call 811, *option 2*.