

LISTEN TO YOUR BODY

If you feel tired in a way that's different from your usual—deeper, heavier, or longer-lasting—it's a clue that something more might be going on.



1. Track your energy patterns.

Jot down when you feel most depleted and what you were doing beforehand. Over time, patterns may reveal themselves and help guide conversations with doctors.

2. Give yourself permission to stop powering through.

Pay attention if everyday tasks suddenly make your body say "no." That is a signal and you don't have to push past your limits. Recognize your body may need help.

3. Practice describing what you feel.

Instead of downplaying with "I'm tired," try something like:

- *"I am so exhausted I can't function normally."*
- *"I can't recover even after rest."*
- *"I feel run down and worn out after simple activities."*
- *"This feels different from when I've been tired or haven't gotten enough rest."*

4. Share what you're experiencing with someone you trust.

Say it out loud to help you realize how much you've been tolerating. If you feel comfortable, you might see if they've noticed changes in your energy too.

5. Bring your symptoms into the exam room early—and keep advocating for yourself.

You don't need the "perfect" words. You just need to start the conversation. You may need to be persistent asking questions like:

- *"What else could be causing this?"*
- *"Are there additional tests we should consider?"*
- *"At what point should I be concerned?"*

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PBC-related fatigue.



