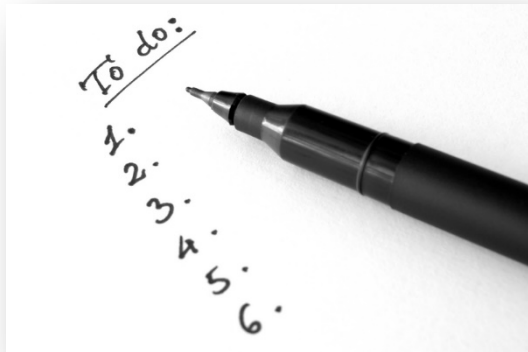


Managing your fatigue and scleroderma symptoms by prioritizing your tasks



Life with any chronic disease can be complicated, frustrated and overwhelming. Now add to the mix, fatigue and you have what scleroderma patients often call a “roller coaster life.” This simply means, one day you may find your scleroderma symptoms are well managed and another day, they may not be more prominent. Much like riding a roller coaster, there will be ups and downs with scleroderma but if you are willing to manage your fatigue, take control of your prioritizing your tasks and conserving your energy, you will find that you can better manage your scleroderma symptoms.

As a scleroderma patient you know too well that there just never seems to be enough time in your life to complete all of the tasks on the to do list sitting on your desk or kitchen counter. With some small modifications to your life, you can find yourself managing your time more effectively and efficiently. With these changes you will also see that you can work smarter – not harder.

Learning how to establish and maintain priorities can be an effective way to increase your overall productivity at home and at work, providing you with more energy and less fatigue. This combination can help scleroderma patients manage their symptoms and learn to balance those less than pleasant days with the ones where you are feeling at full strength.

Now it is time to create that will work for you! You have to be will to make changes to your life, and then stick to those changes. Are you ready to begin managing your fatigue and your scleroderma symptoms better today? Let’s begin right now by helping you create a step-by-step approach to help you get started.