

Yoga for Fatigue

Gentle support. Steady energy. More you. Small movements can make a big difference.

Fatigue is real. It can accompany chronic illness, pain, stress, disrupted sleep, medication, emotional overload and many other conditions. It is not the same as simply feeling sleepy, and it is not a sign of laziness. This guide uses very gentle movement and rest as optional wellbeing support.

Work with your energy, not against it

The aim is not to push through fatigue or make yourself more productive. Start by asking what your body has available today. A useful practice may be one pose, two minutes of movement, or choosing rest instead.

Six gentle poses

1	Child's Pose	Rest & release
2	Knees to Chest	Gentle support
3	Supine Twist	Ease tension
4	Legs Up the Wall	Rest & restore
5	Supported Bridge	Gentle strength
6	Savasana	Rebalance & rest

Breathing without pressure

Let breathing stay natural. If a slightly longer out-breath feels comfortable, you can experiment with it, but there is no need to hold the breath or use a fixed count. Stop any breathing exercise that makes you dizzy, breathless or uncomfortable.

Important

Fatigue can have many causes. New, severe, persistent or unexplained fatigue deserves appropriate medical assessment, particularly when accompanied by other concerning symptoms.

The six poses

Choose one to three on lower-energy days; you do not need to complete the sequence.

1. Child's Pose

Use cushions, a bolster or a chair so you are not using energy to hold yourself in position. If folding forward is uncomfortable, choose a supported seated rest.

2. Knees to Chest

Lie back or recline and bring one or both knees towards you only as far as comfortable. Keep the shoulders and jaw soft.

3. Supine Twist

Let the knees move gently to one side with cushions underneath for support. Keep the range small and easy.

4. Legs Up the Wall

Use a wall, sofa or chair to support the legs. Adjust your upper body with pillows. This should feel restful rather than like a stretch to endure.

5. Supported Bridge

Place a suitable yoga block or firm support under the pelvis only if you know the position is comfortable for you. A simple supported lying position is an equally valid alternative.

6. Savasana

Rest in whatever position requires the least effort. Bend the knees, use blankets, lie on your side or recline. Rest is part of the practice, not a reward for finishing it.

A pacing approach

Think in terms of an energy budget. Stop while you still have something left rather than waiting until you are depleted. If an activity reliably causes a significant worsening later, reduce the duration or intensity and discuss persistent post-activity symptoms with an appropriate healthcare professional.

Living with fatigue

Support is often about conserving energy as well as using it.

Plan, prioritise and pace

Notice which activities are essential, which can wait and which can be shared. Break larger tasks into smaller stages. Alternate more demanding activity with genuine recovery rather than filling every pause with another task.

Sleep and rest are different

Rest can include reducing sensory input, lying down, sitting quietly, listening to something familiar or allowing the mind to stop problem-solving. Good sleep habits may help some people, but fatigue is not always solved by sleeping more.

Food, hydration and medication

Regular nourishment and hydration can matter, but individual needs vary. Medication and health conditions can also contribute to tiredness. Avoid making major dietary or medication changes based on a general wellbeing resource; seek personalised advice where needed.

Emotional fatigue

Masking, caregiving, chronic stress, grief, pain and constant decision-making can all consume energy. Emotional exhaustion is still exhaustion. Reducing demands and asking for help may be as important as adding a new wellbeing activity.

When to seek support

Speak with a healthcare professional if fatigue is unexplained, worsening, significantly affecting daily life, or accompanied by symptoms such as unexplained weight loss, persistent fever, fainting, chest pain, marked breathlessness, new neurological symptoms or other concerns.

Fatigue & energy tracker

Look for patterns without turning the tracker into another demand.

Day	Energy /10	What I did	Later effect	What helped?
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Reflection prompts

What uses the most energy at the moment? What can be reduced, delayed or shared? Which type of rest actually restores me? Did movement leave me the same, a little better, or noticeably worse later? What does my body need today rather than what do I think I should be able to do?

A message from Maggie

Fatigue can be invisible to other people, but that does not make it less real. You do not need to prove how tired you are by pushing until there is nothing left. Rest is not failure. Small movements count, stopping counts, and choosing not to practise today can also be the right choice.

Evidence-informed note

This guide draws on general principles of gentle physical activity, pacing, rest, stress management and energy conservation. The right approach depends on the cause of fatigue. Yoga should not be presented as a cure and may not be appropriate during every illness or flare.

Space to Breathe Therapy — educational wellbeing resource; not medical treatment.