

undertreated  
disabling unrecognized  
**FATIGUE**  
**PATHOLOGICAL**  
limiting  
lasting

environmental

- heat exposure
- cold exposure
- UV/sun exposure

choices and habits

- stress/anxiety/depression
- overexertion
- poor sleep hygiene
- unsupportive diet

pathology

- disease exacerbations
- comorbidities
- chronic pain
- medication side effects