



# CHRONIC FATIGUE IS NOT:

1. A LIFESTYLE CHOICE
2. A FORM OF LAZINESS
3. A RESULT OF A BAD DIET
4. A MATTER OF BEING JUST 'A LITTLE BIT TIRED'
5. A HANDY EXCUSE TO LOUNGE AROUND IN BED
6. SOMETHING THAT'S 'ALL IN OUR HEAD'
7. SOMETHING 'POSITIVE THINKING' WILL FIX
8. SOMETHING 'A LITTLE BIT OF EXERCISE' WILL HELP
9. SOMETHING A GOOD NIGHT'S SLEEP WILL SORT OUT
10. SOMETHING A PILL CAN CURE