



Managing fatigue when nobody can see it.

Fatigue is one of the most common, and often most misunderstood, symptoms of psoriasis and psoriatic arthritis.

Unlike visible skin symptoms or swollen joints, fatigue is invisible. Yet many people describe it as one of the most difficult parts of living with psoriatic disease. It can affect work, relationships, concentration, mood, and everyday activities.

This is not simply “feeling tired”. Fatigue linked to inflammatory conditions can feel overwhelming, both physically and mentally.

People may experience:

- exhaustion that does not improve with rest
- brain fog or poor concentration
- low energy during flare-ups
- difficulty completing everyday tasks
- needing extra recovery time after activity

Because fatigue cannot always be seen, many people feel pressure to “push through” or hide how they are feeling. This can lead to frustration, guilt, and emotional stress.

Some people find these strategies helpful:

- pacing activities and taking regular breaks
- maintaining a healthy sleep routine
- gentle movement such as walking or stretching
- managing stress levels
- speaking openly with healthcare professionals about symptoms

You are not alone

Fatigue is a real symptom of psoriatic disease and deserves to be taken seriously.

Many people living with psoriasis and psoriatic arthritis experience fatigue, even if it is rarely talked about openly.

Asking for support and listening to your body are important parts of managing long-term health.

[Read more](#)