



## Living with pain and fatigue: you are not alone

Pain Awareness Month may be ending, but for many people with psoriasis or psoriatic arthritis, pain and fatigue remain part of everyday life.

As colder months approach, our latest article shares practical ways to understand what affects you, manage your energy and talk about the impact of fatigue.

From keeping a simple energy diary to pacing yourself before you are completely worn out, small changes can help you use your energy in a way that works better for you.

---

[Read the article](#)