

Constipation

August 3, 2022

You have ongoing difficulty passing stool. Every three days, you must succeed on a DC 8 + (IE) Strength check during a rest to do so effectively or experience either IE 1 abdominal [Cramps](#) or [Nausea](#) until making a successful check, which can be attempted during every rest.

Real-world Examples

Hypothyroidism, Diabetes, Uremia, Hypercalcemia, Irritable Bowel Syndrome, Diverticular Disease, Spinal Cord Injury, Multiple Sclerosis, Parkinson's Disease, Lazy Bowel Syndrome, Amyloidosis, Lupus, Scleroderma

Assistive Options

A steady diet of high-fiber, low fat foods for the entire three-day duration beforehand gives a +1 bonus to the Strength saving throw.

Weight Difference

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You gain weight unrelated to diet and exercise. After every adventure or major campaign arc, you must succeed on a DC 8 + (IE) Constitution saving throw. On failure, your weight has increased by $IE \times 2d6$ percent. On success, your weight has decreased by $IE \times 1d4$ percent. For every fifty percent increase, you have a -1 penalty on Dexterity (Acrobatics) and Strength (Athletics) checks. For every ten percent decrease, you

experience Temperature Sensitivity for 3d20 days as your body acclimates itself and must succeed on a DC 8 + (IE) Constitution saving throw or experience [Fatigue](#) until you succeed on the saving throw, which you can attempt daily after a long rest. You have a +(IE) bonus to Strength (Athletics) checks for swimming.

Real-world Examples

Hypothyroidism, Depression, Insomnia, Menopause, Cushing's Disease, Polycystic Ovarian Syndrome, Congestive Heart Failure, Sleep Apnea, Edema, Diabetes, Down Syndrome

Assistive Options

Because this gain is unrelated to diet and exercise, little can be done besides acceptance.

Agitation

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You get annoyed or restless easily, more than is typical, with less provocation than expected for your emotional response. This can lead to difficulty in social settings and relationships. When this feeling surfaces, you must succeed on a DC 8 + (IE) Wisdom (Insight) check to realize that your feelings are an agitation flare-up. On failure, you can make another check every round. Until successful, you have a -(IE) penalty on all Charisma checks except Charisma (Intimidation), with which you have a +(IE) bonus. You also have a +(IE) bonus to saving throws against being charmed.

Real-world Examples

Anxiety, Depression, Bipolar Disorder, Hypothyroidism, Autism,

Attention Deficit Hyperactivity Disorder

Assistive Options

Using a short rest for relaxation, breathing exercises, or meditation will stop the episode and prevent another one for at least 1d4 hours after unless faced with significant provocation that would agitate a typical person.

Magical Assistance

The [Calm Emotions](#) spell eliminates Agitation for the duration of the spell on a failed saving throw, but you have a +(IE) bonus to the saving throw.

Fatigue

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You are nearly always tired. After every long rest, you must succeed on a DC 8 + (IE) Constitution saving throw, or you do not benefit from the rest, regardless of the amount of rest you get. Spending an entire day resting will automatically give you advantage on the Constitution saving throw.

Real-world Examples

Chronic Fatigue Syndrome, Lyme Disease, Fibromyalgia, Lupus, Hypothyroidism, Multiple Sclerosis, Insomnia, Postural

Orthostatic Tachycardia Syndrome

Assistive Options

Beginning a long rest three days in a row at roughly the same time grants a +1 bonus to the Constitution saving throws, keeping the pattern adding an additional +1 bonus cumulatively to a maximum of +5. Keeping a diet for at least seven days of fish, vegetables, and nuts gives a +1 bonus to the Constitution saving throw. Drinking more alcohol than (Constitution Bonus) drinks will negate this bonus. A weighted blanket during a short rest also gives a +1 bonus to the Constitution saving throw. Such a blanket can be made from two large animal pelts for a medium humanoid or two medium animal pelts for a small humanoid plus enough sand to make the total weight 10 percent of your body weight. The cost of fabrication is 20 gp.

Magical Assistance

If the fatigue is caused by Insomnia, a Sleep spell or other effect that mimics it will assist in getting to sleep during a long rest and will reduce the IE by 1 Extent until the next long rest.

Brain Fog

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You experience mental fatigue that affects your memory, ability to concentrate and think clearly, and focus. You have a -(IE) penalty on concentration saving throws, and when you need to make an Intelligence check to remember something, you have a -(IE) penalty on the check unless you take 1 + (IE) times as

long to think about it.

Real-world Examples

Autism, Attention Deficit Hyperactivity Disorder, Chronic Stress, Sleep Disorders, Menopause, Anemia, Depression, Diabetes, Sjögren Syndrome, Migraine, Dementia, Hypothyroidism, Lupus, Arthritis, Multiple Sclerosis, Dehydration, COVID-19

Assistive Options

Regular sleep and exercise and a balanced diet may help. A rest will relieve Brain Fog for 1d6 hours. Keeping a journal, calendar, task list, or other notes can compensate for memory challenges.