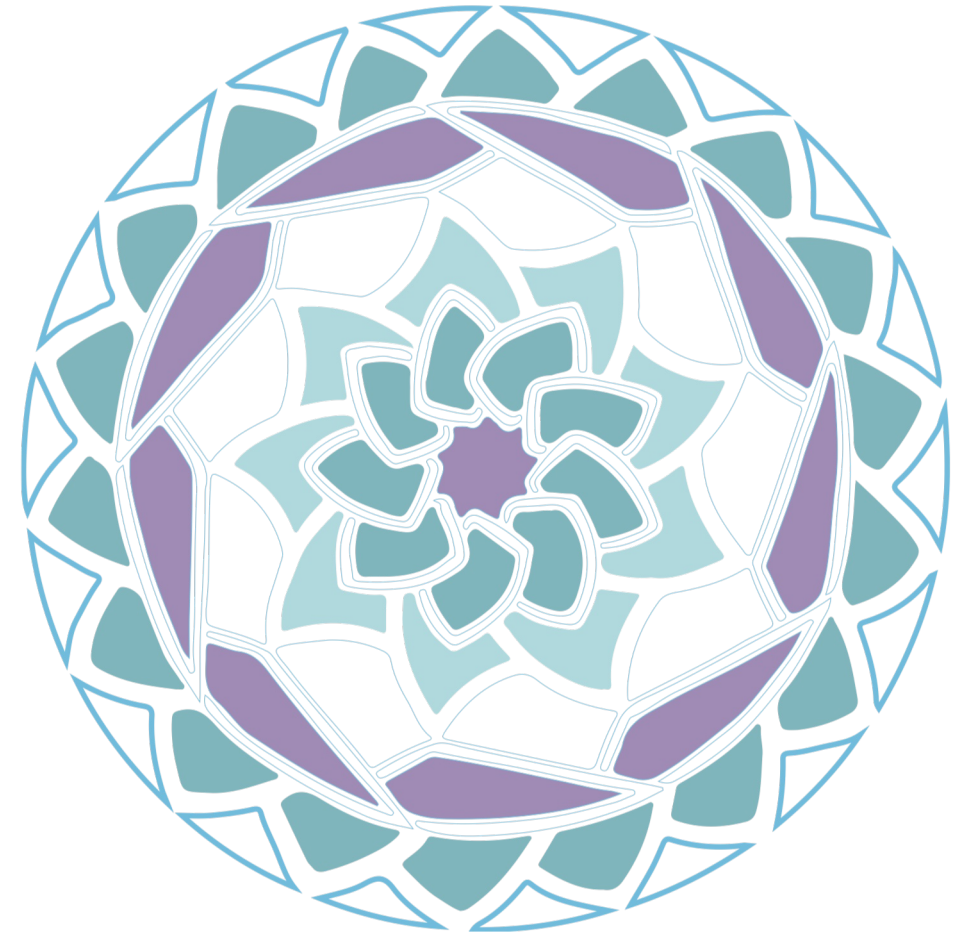


How to cope better with Fatigue

Pamela Rose - Fatigue Coach



What we'll cover today

Objective of today: to learn about the most important things to focus on in order to feel that you're better managing your fatigue symptoms.

1. Introduction
2. What I'll be talking to you about:
 - How fatigue journeys tend to go
 - Some basic pointers
 - Energy management
 - Emotional management
 - Regaining resilience
3. Sources of help



How journeys tend to go

No two journeys are the same – however at a very high level they tend to go along these lines:

Stage 1 – What on earth is going on

Stage 2 – Starting to figure things out

Stage 3 – Things are beginning to move forwards nicely (overall)

Stage 4 – Pre-recovery: a pretty good semblance of a life again



How to give your journey the best chance

- Pinpoint how fatigue is manifesting for you
 - Physically
 - Cognitively
 - Socially
- Recognise the need to find your personal blend of helpful approaches
- Do things in the right order (Have a plan!)
- Don't try to outsource your rescue.



Some helpful pointers

- The lack of medical treatment is disappointing – but don't lose hope
- There are no quick fixes or miracle cures, but you CAN improve
- Don't push things – it's counterproductive
- No two journeys are the same – take inspiration from others, don't copy
- Post Exertional Malaise (PEM) is real
- Avoid Graded Exercise Therapy – instead, increase things in a smart confident way.



Energy management (Pacing)

Quick tips for starting to figure it out:

- You need a method. Something you apply consistently every day
- Find a way to quantify how much energy you currently have (often called a 'baseline')
- Being at baseline means the amount you're doing every day rarely triggers post-exertional malaise or other symptoms
- Once you know how much you can do that keeps you feeling steadier most days, you're pacing well



Energy management (cont'd)

- Routines can be helpful at first – if feasible. But they're not the best approach
- You need to pace *everything* you do in a day – physical AND cognitive
- Manage ahead – giving your week an up-front scan is very helpful
- Be creative about making things achievable!
- Involve others in your daily planning



Emotional/mindset management

- Fatigue challenges are tough. It's no surprise that many of us find ourselves feeling low and anxious from time to time
- On top of that, your nervous system has probably been knocked out of balance
- But it's important to find ways to manage and settle how you're feeling emotionally
- Emotional stress can trigger physical symptoms



Ways to help your mindset

Some starting suggestions:

- Find a way to achieve a level of acceptance – don't resist or deny it. Doesn't mean you have to like it!
- Find a support network
- Get professional help if you think that will work best for you
- Catch and reframe repetitive thoughts - spot your triggers! (“But at least...”)



The importance of a resilient nervous system

- Your Autonomic Nervous System (ANS) drives every bodily response and function
- There are two states: fight or flight; and rest and digest
- Fatigue related conditions often set it off kilter – particularly if post-viral
- For many, getting their ANS into a little more balance is such a helpful first step
- Resilience = a nervous system that is responding in a balanced and relative way



Regaining nervous system balance

There are two things to focus on:

1. Daily practices that will gradually re-balance your ANS:

- Breathwork
- Meditation
- Yoga nidra
- Spending time in nature etc.

2. Tactical things to calm your system in the moment:

- Specific breathwork practices
- Mindfulness
- Acupressure
- Change of environment/location

Final top tip: Learn about the Vagus Nerve!!!



Sources of help (1)

Me! I'd love to continue to help you via these options:

- **Fatigue Reset pacing course:** <https://www.pamelarose.co.uk/fatigue-reset>
- **Festive Fatigue Rescue:** <https://www.pamelarose.co.uk/festive23>

Use code 'DECEMBER' to get your £10 discounted off the price of either:

YouTube (use for inspiration and information – but stay curious rather than fixated)

<https://www.youtube.com/c/RaelanAgle>

<https://www.youtube.com/@HealwithLiz>



Sources of help (2)

Private consultant:

- Dr Paul Glynne - <https://thephysiciansclinic.co.uk/physician/dr-paul-glynne/>

Online support groups:

- Use sparingly! Stick to the smaller groups

Nutritional therapists:

- <https://www.nourishedlondon.com>
- <https://healandbloom.co.uk>
- <https://www.violasampson.com>



Sources of help (3)

Breathwork videos (for ANS calming/repair)

<https://youtu.be/94vqyJ0z8Ik>

<https://youtu.be/8vN08luParo>

Mind and Body:

- Suzy Bolt (360 Mind, Body, Soul): <https://www.360mindbodysoul.co.uk>



Thank you

