

Festive Fatigue Tips

Monday 20th December 2021

Here's a brief capture of the questions/discussions that were held during the free-format portion of the event, for those of you who weren't there as it happened:

Question: *I find it hard to keep my mindset focussed and constructive every day - I loved what you said about starting the day with a positive intention so that I start as I mean to go on. But my main difficulty is worrying about tomorrow, the next day etc.*

Response from Pamela: My advice would be to do what you can to plan/manage things ahead where possible, to reduce the amount you have to worry about. From a practical point of view, think about building a new habit where you look ahead every few days and give thought to what needs to be done, and when you'll do it. Break bigger activities that are on your To Do List down into smaller tasks if that helps make them more manageable. The goal here is to be able to feel a level of confidence that you've given sufficient thought ahead, reducing the amount of energy you're spending on how you'll cope.

If your future worries are less about the practical things, and more about concerns around how you'll feel from one day to the next, then my big advice is to regularly remind yourself not to worry about things before they've happened. Have a pre-worded affirmation/phrase ready to say when you feel yourself starting to tip into those thoughts. Perhaps something along the lines of *"I recognise that tomorrow is a whole new day, and I'll tackle that when it comes. For now, I choose to focus on making today go as well as it can"*.

Remember that using the words *"I choose..."* can make your affirmation even more powerful.

It takes focus to stop yourself worrying about things unnecessarily - but if you catch those thoughts and replace them with something along the lines of the wording above, it'll get easier over time.

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Discussion topic: Planning the detail

There was a useful discussion around the benefits of really getting into the detail of planning important days in advance - for example, Christmas Day itself. Work out key features of the day: when you hope to be able to schedule in rest times; when you'll eat (it can be easy to forget to keep yourself fuelled when the day gets busy!); when to invite people to arrive by etc etc. This will reassure you that you've got a way to make it all work. Involve others in this planning process so that it feels like a team effort - you need to show them (and yourself!) that you need to take more of a step back this year.

Discussion topic: benefits of recording yourself a message!

One of the attendees reminded me of a tip that I often give - which is to record a positive video message for yourself, using your phone, so that it's to hand when you need it.

Capturing a message to remind yourself that the difficult days always pass, and better days follow eventually, can be really helpful on the days you need a reminder of this! You can think these things but **watching** yourself saying them is much more likely to get the message across.

Question: I'm still struggling to find my baseline, and in particular I'm just not sure if I'm doing the right kinds of rest. I just can't figure out what's tipping me over - I've noticed looking at my phone and watching TV can often feel tiring. But because I'm relaxing while I'm doing these things, does that still count as rest?

Pamela's response: there's **so much** guidance I can give to help you figure this out! But in the interests of time today, my quick advice would be to really pay attention to how draining these (and other) activities are.

Many people early in their fatigue rescue journeys realise that they need to restrict the amount of screen time they do. They know that this needs to come out of their energy expenditure for the day.

There will come a time when you might be able to consider these sorts of things as 'rest', but from what you've said I think it sounds as though you need to reduce the amount of screen time you're doing and increase the amount of 'complete rest' that you do each day (i.e. eyes closed, body relaxed, for at least 20-30 minutes at a time.)

Also remember my earlier advice that it's always best to rest **PROACTIVELY**, rather than wait until you have no option than to rest.

Finally, someone asked if I could provide links to my courses:

Fatigue Reset: How to Crack Pacing - £49. <https://pamelarose.podia.com/fatiguereset>

This is an online course, accessible as soon as you've signed up. You work through in your own time, and the content is all very easily digestible.

Three Week Fatigue Rescue - £120. <https://www.pamelarose.co.uk/3weekrescue>

This is a mix of live webinars, and pre-recorded/written content. As well as my pacing approach, I give a lot of further guidance and advice around how to manage your thoughts, feelings and emotions. As well as helpful tips around how to improve sleep, nutrition, and how to start embracing movement and exercise.

Remember you can all use code 'FESTIVE' to get a £5 discount - effectively refunding you the ticket price for the event you attended this week.