

A capture of questions and answers from the Crossing the Fatigue Finishing Line webinar

Hosted by Pamela Rose, 29th October 2025

Some general points that were shared

I commented on lovely it was to see people I've helped now at the stage where this webinar is relevant to them!! Such a lovely example of how journeys can, and do, improve 😊

An attendee shared that her boyfriend pointed out that, one day, she'll have her very last bout of PEM. And that, in that case, each time she's going through it, it's worth being at least a little bit hopeful that this might be the very last time she has to go through it! This idea was very well received by those attending 👍

It was clear from the group chat that mindset management plays SUCH an important part in a successful fatigue journey – especially during the less good spells. Please remember to keep adjusting your mindset approaches as your journey improves and changes.

My blog menu: <https://www.pamelarose.co.uk/blogs>

The questions and answers!

Q: Your point about less good days being mentally challenging resonated with me. How do you suggest we manage them? I know lots of helpful things I can do from my journey to date, but now that things are better than they were I don't want to keep returning to the same things. And even if I do, they're not always as helpful as they used to be.

A: We gather lots of helpful approaches while we're early on in our fatigue rescue journeys, and that includes lots of helpful mindset tools. However, as I mentioned in today's webinar, mindset work is often still quite a big feature of Segment 4... but the trouble is, it can feel as though some of the tools we've relied on before aren't so helpful anymore. This can either be because we're just so used to them that their help diminishes a bit. Or because new mindset challenges require new approaches!

The first thing to remember, and I don't want to sound too glib when I say this, is that the types of mindset challenges that we have in Segment 4 are actually quite a nice problem to have! For example, dealing with the less good days when they're much further apart and we've got used to having a good semblance of our life back. Or having to make priority calls between two really exciting things – because we're well enough to do exciting things again, but not perhaps ALL the exciting things (yet).

So, first piece of advice, is remember that it's a wonderful achievement that you've found yourself with this particular mindset challenge to manage. Try and focus more on how wonderful it is that these sorts of days are much less frequent now, and remind yourself that

over time they'll become even more spaced apart. Spot how much less intense they are too, and that they don't tend to last nearly as long as they used to. Celebrate that! It's a wonderful place to get to.

Also, the great thing about being at this stage of your journey is that you KNOW these spells will pass. Because they always have in the past, and they always will. You have some lovely evidence to ask your brain to draw from, of other days like this that you successfully navigated and got through.

A lovely internal dialogue at times like this is something like "I don't love days like this, but I choose to focus on the fact that they're so much less frequent than they used to – and I've learned so many helpful things to get through them with strength. I'm going to focus on doing those helpful things, and look forward to this passing soon".

It can be really helpful to have a support network – people going through similar. It can be helpful to see how others navigate these sorts of challenges, and reassuring to see that they have these less good moments too...but again, that they don't last!

As for the techniques, yes you know the helpful things – breathwork, mindset management, nervous system regulation, rest etc. But perhaps think about mixing them up a bit so that they feel a bit fresher? Find new versions of the same helpful practices. And remember what my good friend Liz C says (www.healwithliz.com): "you get double points for doing these helpful things on the more difficult days"!

A fellow Q&A attendee mentioned that she finds it helpful to look back at what she was able to do before, and take that as factual evidence that she can, and will, get back to that.

Another attendee suggested that it can be helpful to reach out to those who know you really well – family etc – so that they can remind you how far you've come. Even though it's a bad day right now, you ARE better than you were. And these less good spells do disappear and then we continue our improvement journey.

Q: When you're nearer the end of your fatigue rescue journey, how can you tell fatigue symptoms apart from 'just being a bit older than I was before this health challenge started'?


A: This is a very good question, and as with many other things it's not easy to give an exact answer. But remember, you've got a lot of real experience to draw from, as to how it feels to have a 'fatigue-related bad day'. And you can use that to compare against other types of less good days.

By way of quick suggestion, think about what your signature fatigue-related symptoms have tended to be, and use that to guide you. For instance, if you're having a few aches and pains in your legs but pain wasn't one of your fatigue symptoms, the chances are that this is down to either the need to recondition – or joints that are older than they used to be. Also, do remember that normal tiredness differs quite a bit from fatigue – a fatigue flare often feels

really quite horrible. An unwell feeling, and/or sense of being utterly depleted. Whereas standard tiredness tends to be a more straightforward feeling of knowing that the day is almost done and you're in need of some restorative sleep.

It's worth adding that it can go the other way too – please don't dismiss everything as being a fatigue symptom. It's easy to put everything down to fatigue; but sometimes it's helpful to spot if something else is going on – because there might be something you can do to help it! (Unlike chronic fatigue, many health issues ARE medically treatable, after all). During the Q&A I gave the example of peri-menopause...many of the symptoms are similar to those experienced in a chronic fatigue challenge (brain fog, lack of energy, sleep problems etc). But there are lots of things you can do if it's menopause related – so don't dismiss as just part of your fatigue experience. Recognise it, and go seek help 😊

Q: I'm at a pretty good part of my journey, but feel that my life is very full at the moment. Although I'm just about managing to get through, I'm aware that I'm feeling the effects of these full days and do have PEM sometimes, but perhaps only for 4 hours or so. I feel I'm slightly on the edge of what's sustainable, and so I'm planning to take a few more rests and if necessary cut back a bit. Does this sound like the right approach or should I be doing something more?

A: This a wonderful example of applying 'hindsight' when you're in Segment 4. You sound nicely tuned into how you're feeling, and aware of how much you're doing. And you're helpfully spotting some of the signals that could indicate that some helpful adjustments are needed. Perfect! Remember, sometimes we need to push our boundaries a little in order to check-in and see what our current 'limit' is. As long as we don't push that too much, the worst that will happen is an 'oops moment' where you realise you've been doing a bit too much and need to dial it back a bit. What you've described doesn't sound too far from that


The opposite of learning from hindsight, of course, is to blindly keep going and ignore these signals! But you're definitely not doing that, and are prepared to make adjustments if it's the right thing to do. Great Segment 4 management!!

(I mentioned a term I've coined: "Cumulative Onset Fatigue" which I've written a blog about: <https://www.pamelarose.co.uk/post/cumulative> Please have a read and bear it in mind.)

Q: My daughter has long covid and is further behind me on her improvement journey. She gets very worried when she sees me doing more - she's scared that I'm going to have a big crash, and that it's going to really set me back. Do you have any thoughts about how to help us both with this? And as a second question; I do still sometimes experience PEM for several days – is that harming my journey? Will it send me backwards?

A: Starting with the PEM question – I wouldn't say it will *harm* your journey; but regular bouts of PEM can slow down your pace of improvement. The good thing is that once you've got to a certain Segment, that becomes your lovely new level of wellness. Yes, you can feel

worse than that during the bad spells that you experience. But you'll always get back to that Segment again once you're through that spell. (Assuming, it has to be said, that you're doing all of the right things!).

But it's definitely helpful to try to avoid having too many PEM flares. The person who asked this question can be prone to experiencing migraines, which can kick in the symptomatic spells – and in that case, it can be tricky to do much to avoid them. But if your PEM is being caused by regularly pushing yourself a little too much, I really encourage you to be honest about going over baseline so regularly and think about trying to get things back to a more consistent level again. I mention my Cumulative Fatigue blog above – it's worth having a read 😊

As for your daughter... reassure her that you have a plan! That pushing things a little bit and testing your current limits is actually a helpful thing to do, even if it does cause the occasional 'oops moments'. I suspect that she's worrying so much because of her own health challenge – her fear response is very probably more heightened than it would usually be (this is a common symptom of those with long covid, and other fatigue challenges). And so her concerns about you pushing yourself too much are getting much stronger than they should be. But this isn't necessarily a conscious thing for her, it's a symptom in itself – a propensity to worry too much about things. You've learned a lot of helpful mindset techniques, and nervous system calming approaches – it's a great idea to share them with her/remind her of them too, so that she can try to get her fear response back into a more balanced place.

As a final piece of guidance, reassure her regularly! Tell her about all of the good days you have, don't let her only hear about the difficult ones. We often only talk about the less good times on our journey, as they can be the stand out ones. Show her how well you can be!

Q: I caught a virus in September, and I'm not back to where I was before that. Which I can't help worrying about. Any advice?

A: Gosh I hear a lot of people worrying about this type of situation at this time of year. But please be reassured that you WILL get back to where you were. When we have fatigue, these nasty viruses can have a bit of a long tail to them and it can take a while to completely recover. But please try not to worry – focus on all of the lovely helpful things you can do to allow your system to heal and strengthen again; and look forward to getting back to where you were soon. (A fellow participant shared her very recent experience of being in a similar situation and was able to reassure that she's now through the other side and back being nicely active again).

Another participant shared her inspirational story about having (in hindsight) not been doing all of the helpful things, and sliding back in her level of wellness. But that she is now back to where she was and wanted to reassure people that even when you experience quite a strong setback, it absolutely is possible to get back to where you were.

Pamela reminded everyone that, once you've identified your helpful blend of approaches, it really is quite rare for an illness, or anything else, to cause a sizeable setback. Yes, people can have them, but from her experience it's usually a sign that they hadn't been quite doing enough of the right/helpful things. Illnesses can take a while to fully get over – and this can start to worry you as time goes on. But keep doing all of the helpful things, and you WILL get back...worrying about it, unfortunately, just risks prolonging it further.

Q: My biggest struggle right now is cold season, but my immune system is super weak. Any suggestions? It feels like every few days I feel cold symptoms but don't know if it's really a cold or a fatigue symptom.

A: Yes, it's definitely moving into the time of year where we feel we're running a bit of a gauntlet trying to avoid the various bugs and sniffles that are around. And, indeed, this is one of the reasons that I say that the pace of our improvements can often slow a little over winter. But there are lots of things you can do to boost your immune system and reduce the number of times you get ill – and shorten how long they last if you do succumb to them. Some suggestions discussed on the call were:

- Remember the 3 main areas:
 - o Make sure your innate immune response is optimised (first lines of defence: stay hydrated, don't touch eyes or mouth)
 - o Boost your immune system
 - Purple foods (antioxidants)
 - Vitamin C
 - Vitamin D
 - Humming (nitric oxide)
 - Healthy eating
 - Nettle tea
 - Elderberry syrup
 - o Try to avoid exposure to bugs:
 - Nasal rinsing, ventilation, nasal sprays, nasal red light
- Nasal rinsing: <https://amzn.eu/d/fdGeiKn>
- Nasal gel: <https://amzn.eu/d/3qwJjoz> (to keep nasal passages moist – first line of defence!)
- Nasal sprays: <https://www.nowonder.com>
- Nasal red light: <https://amzn.eu/d/17bvmEx>

(This is not an exhaustive list! But some good suggestions. Do check them out before deciding whether to do/take)

As for knowing if it's a real bug or not – tricky! But if someone around you is unwell, the chances are that it's a bug!

Some highlights from the 'Chat' alongside this Q&A session:

"One thing I've also done is made a photo album titled 'glimmers' of all the things I've been able to do / enjoy over the last months and it's been helpful to scroll through that on my harder days"

"Even before this "journey" a bad virus could take me a month to feel better -- but it's hard (to remember that) when u are in it"

"Yep, when I was recovering from the virus my friends with no health challenge were reminding me it could take them a month or so to recover from a virus and that was a helpful reminder"

"I find box breathing helpful if I get anxious about a blip or set back: seems to reset my centre; and everything seems more manageable and hopeful."

"I found reducing my fear of getting ill using EMDR or hypnosis helpful."

"And keeping my chest warm when I have mild flu-like symptoms"

"i think it's also just really helpful knowing that we all experience this - so it's totally normal, and not something worryingly specific to us!"

"I was going to say, I also struggle to know the difference between symptoms and an actual cold / virus. I tend to base it off whether my partner has a virus too and also tell myself that I'll probably approach it the same way either way and not overthink it"