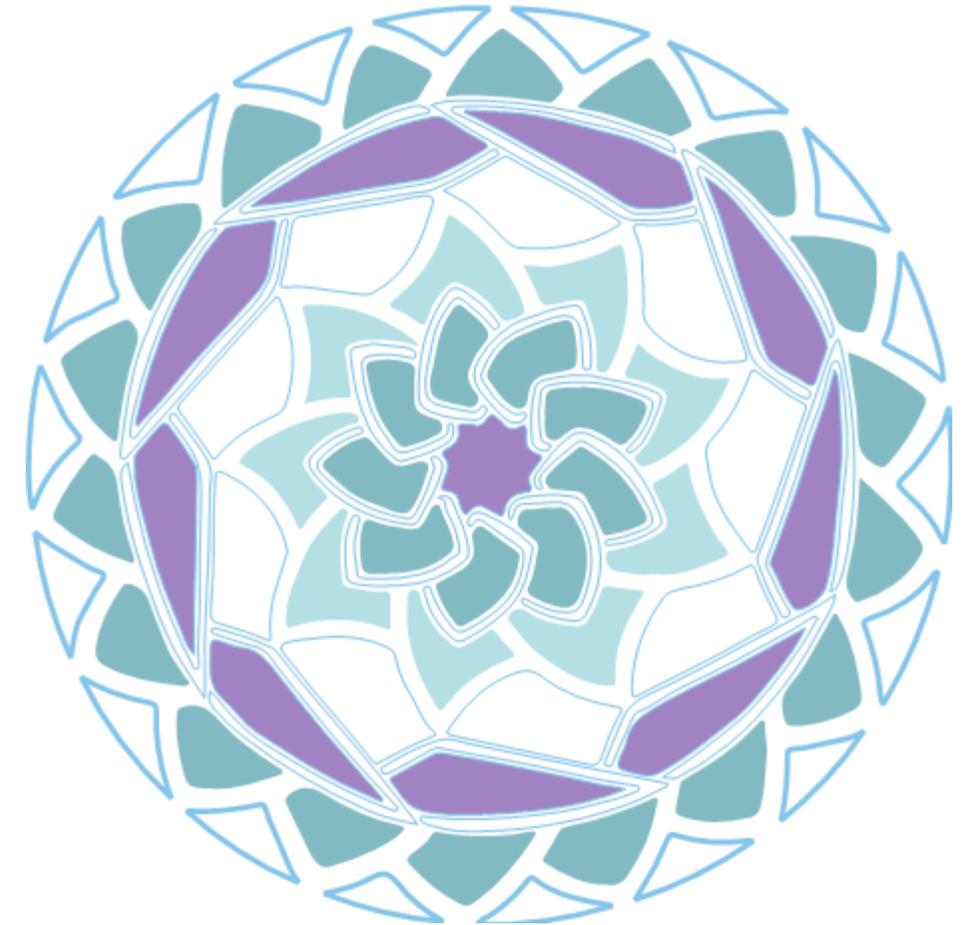


Crossing the Fatigue finishing line

Pamela Rose Fatigue Coaching
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A little about me



I live in Bristol in the UK, and I'm a Fatigue Coach who supports people around the world to better manage their fatigue-related challenges. I'm known for the very real and practical guidance I give my clients that will start to make a noticeable difference straightaway.

I've become particularly well known for the expert help I give around 'pacing' or 'energy management' – helping my clients achieve the life they have to (and want to!) live – whilst managing their health journeys.

I've had a serious fatigue health challenge in the past, and so I also very much get how tough it is to live with.

What we'll cover today

- Why am I running this event?
- Meaning of 'recovered'
- Four segments
- Contradictions
- The switch from avoiding, to hindsight
- Don't stop doing the helpful things
- My suggested markers of being through your health challenge
- Maintaining your wellness (what to keep!)



Why am I running this webinar?

- Over the last 7 years I've supported hundreds of fatigue journeys
- For the last 2 or 3 years I've had the joyous experience of supporting more and more people at the latter part of their improvement journey
- I've seen what helps...and what doesn't!
- There aren't many out there who are offering support and guidance for 'this bit' of the journey
- It often brings a new set of challenges – and I want to help people navigate them as easily and helpfully as possible.



What does 'recovered' mean?

- I tend to talk about fatigue rescues, rather than *recovery* journeys
- “Recovered” becomes a trickier concept as your journey improves
- Including the simple act of spotting when your health challenge is over
- It's usually a dawning realisation – rather than a defined day
- The markers you use are important:
 - Using your pre-fatigue activity as a benchmark can be the wrong approach
 - Recognising the difference between being back to good health or being a high achiever is key
 - Spot and acknowledge when you can consider yourself no longer tackling a difficult health issue.



The four segments of a journey

- Segment 1 – often one of the longest (it shouldn't have to be!)
 - This is the bit where you realise something chronic is going on, and are trying to get answers and find help
- Segment 2 – the start of your improvement journey
 - You've found some help, and improvements are starting – but they're small and gradual in this segment. Routine-based pacing can be helpful.
- Segment 3 – the fun one!
 - The pace of improvement picks up – you start to feel truly hopeful again; this is often where a return to work and exercise is possible. Important to switch things up a bit and be more fluid with daily structure.
- Segment 4 – the final stretch
 - Life is really good again! But you need to keep doing helpful things to ensure that stays the case. You still have the occasional less good spell - that's how you know you're still on your journey!



1

WISING UP

- Very little stability
- Booming and busting
- Very few 'good' days

2

IMPROVEMENT JOURNEY BEGINS

- Not much wiggle room
- Symptomatic spells are intense & frequent
- Good days are rare

FATIGUE JOURNEY

THE FUN ONE!

- More wiggle room
- Less good spells aren't as strong & are easier to recover from

3

THE FINAL STRETCH

- PEM = helpful learning
- Difficult days much more spread out
- Often counted in hours not days

4

A quick pause while you reflect

- Which segment are you in?
- Being honest is important
- This webinar is primarily aimed at those in, or approaching, segment 4
- If you're not quite there yet, that's ok! You'll have this knowledge when you get there

Talking of which...



How to get to Segment 4

- Crack pacing and gently nudge baseline in line with improvements
- Give plenty of attention to mindset and finding calm
- Master the art of resting (in all its forms)
- Nervous system regulation
- Strengthen sensory 'muscles' too
- Consider helpful tracking
- Practice patience and honesty.



The challenges of the final stretch are real!

- Acceptance can still be tough
- Your loved ones and colleagues assume you can be more effortless again
- Priority calls are made between much more meaningful/fun things
- You get 'fatigue fatigue'
- The less good days are really tough mentally
- You get asked to help others more and more
- You hide your perceived 'failure' from others.



Why I contradict myself!

- When I support someone throughout their journey, I start to contradict myself
- What's vital at the start of the journey, can work against you later on
- For example, spotting helpful warning signals vs feeling confident about ignoring them
- In segment 2 your priority is giving your system some steadiness to be able to start healing/strengthening/restoring
- In segments 3 and 4 it's much more about 'bringing your wellness back'
- These need different approaches!



Moving from “avoidance” to “hindsight”

- This is a key difference in journey management between segment 2 and segment 4
- Rather than avoiding as many flares and symptomatic spells as possible...
- It's safe to start to confidently do more – and be prepared for ‘oops moments’!!
- In segment 4 we can usually lean more on learning when things don't go well, without being at risk of it kicking in a sizeable symptom flare
- We learn from HINDSIGHT what's working (and what's not)
- Even our ‘recovery’ is spotted in hindsight.



The biggest mistake I see in segment 4

- Letting go of all of the helpful things too soon

Second biggest...

- Settling for Segment 4 (or even 3!)



My top pieces of advice for Segment 4

- Learn to be comfortable with oops moments
- Switch from an 'illness avoiding' journey to a **Wellness Journey**
- Build ENDURANCE activity
- Consider embracing health approaches that weren't accessible before:
 - E.g. Alternative therapies, Brain training etc.
- Change how you frame your beneficial approaches – e.g. from critical to helpful
- Keep going with the helpful things until you're sure you don't need them anymore
- (and even then, keep some!)



My markers of 'being back'

1. Ability to constructively deal with change
2. Being spontaneous again
3. An easier recovery from bugs and illnesses
4. Noticing that you're saying yes more than you're saying no
5. Feeling you have **options** again – for career/holidays/events etc.

What other markers do you think YOU will have?



How to stay back

- Be someone who prioritises maintaining their wellness
- Become a positive role model to others
- Tackle the post-journey things, e.g.
 - Consider how to taper off medications
 - Decide which helpful practices you'll continue each week
 - Relax strict dietary protocols (if the right thing to do)
 - Pair down your supplements
 - Define the healthy boundaries you'll stick to
- Let yourself be ill when unwell! Don't be that person who rushes back too soon
- Savour the joy and daily gratitude from being back
- Be HONEST with yourself. Spot when some course steering is needed.



Other ways I can help you

- Subscribe to my website: www.pamelarose.co.uk
- Follow my social channels: @myliferescue on Instagram and LinkedIn;
<https://www.facebook.com/myliferescue>
- Purchase my **Fatigue Reset pacing course** and other on-demand webinars for 20% off off using code 'SEGMENT4': <https://pamelarose.podia.com>



Q&A session

Now let's talk!

