

# 5 Things You Can Do Today To Teach Your Body To Cope Better With Fatigue

by Pamela Rose

Extreme fatigue can rob you of the life you want to live, which leaves you feeling hopeless and desperate because you're unable to cope with even basic daily tasks.

My *Life Rescue Programme* gives you a full understanding of how to manage your body and mindset to stay on top of your condition so you can learn how to cope better and feel like life is worth living again.

But while you're making your mind up about whether you'd like my help, there are things you can start to focus on now that will help straight away. I'd like to share five of those with you here:

## 1. Start by aiming for 'coping'

I don't want to be a killjoy but, initially at least, don't set your sights fully on recovery - start by focussing on getting a grip on life today and how you can cope better. Until you're coping better on a day to day basis, your body can't get into a calmer more stable state from which it can start to deal with what's going on and think about healing the way it needs to.

## 2. Stay positive - look for inspiration

It's so important to stay hopeful and motivated in order to perform the life rescue that you want to achieve. One of the best ways to do this is to look for inspirational stories to read, about those who have recovered from extreme fatigue. Look at the '[about me](#)' section on my website to access a few different ways to find out about my own success story, or search online to find others'. Searching for "#chronicfatiguerecovery" on Instagram brings up 1000's of inspirational posts.

Linked to this, use the 'support groups' that are available with caution. For example, on Facebook and Slack. Visiting them occasionally to reassure yourself that you're not the only one going through this can be helpful. But these groups can easily tip into a negative slant, which is unhelpful at best and terrifying at worst!

### 3. Learn the theory of pacing, and consider how it can work for you

The theory sounds easy, but putting into practice can be a little tricky. Some quick tips for you:

- Start small. It'll feel frustrating, but your aim initially is to find a level of activity that avoids triggering a flare up of symptoms (or as little as possible, anyway). Once you've done that, you can start experimenting...
- When you're ready to increase your activity, look at it as an experiment - be curious about what you can do, and if you realise you've pushed it too far look at this as useful feedback to learn from, rather than a setback.
- Make sure you pace your cognitive tasks as well as your physical ones. teleconferences, studying, socialising...all use up a surprising amount of energy, even if you're hardly moving a finger!

### 4. Look at your nutrition

Your body needs all of the help it can get to repair, and to optimise the energy production it's able to achieve. So, a review of your diet is an important early step to take. You don't need to conduct a massive overhaul of your daily food intake, but at least start to focus on some of the important basics:

- Eat protein with every meal - even breakfast
- Eat until you're 80% full - digesting food takes a lot of energy, and eating large meals can feel extremely draining
- Increase the number of fruit and vegetables you eat - ideally 30 different kinds a week (particularly veg). But don't worry, different types of onions or mushrooms etc all count as one of those 30!
- Get easy-to-prepare meal ideas that you can assemble quickly if you're having a flare up. For example: houmous and carrot sticks, fresh soup that just needs to be warmed through - even beans on toast!

## 5. Try to get into a calm state as much as possible

Another one that's easy to read, but tougher to achieve! Living with extreme fatigue can be very frustrating, and if you don't keep your emotions balanced this can easily slip into feelings of worry at best, anxiety at worst. This is completely understandable, and a small amount of feeling sorry for yourself every now and then is absolutely fine. However, it's important that those thoughts don't last long, or you could get into a heightened state of alert, which your body will find it difficult to calm again.

Two quick tips from me as to how to control this response 'in the moment' are:

- Simply say the word "Stop" out loud to yourself. Literally stop those worst-case scenario thoughts in their tracks. To learn more about this read a [blog](#) I wrote recently (if link is broken you can find it in the Blog area of my website, titled "Avoiding those worst case scenario thoughts...")
- Activate your Parasympathetic System. This is the opposite of the 'fight or flight' mode that your body can trigger when you're feeling anxious and is known as the 'rest and digest' mode. One quick way to do this is to hum to yourself! This vibration of your vocal cords actually stimulates your parasympathetic response and calms your whole system down. Give it a go!

And there you have it - five things you can focus on doing NOW in order to start to cope better with fatigue.

To find out more about how my Life Rescue Programme can help you improve how you're living with extreme fatigue, click the 'book an initial chat' button on my website and pick a time that works for you.

**Pamela Rose Coaching - helping you cope with chronic fatigue to regain a life worth living again**

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