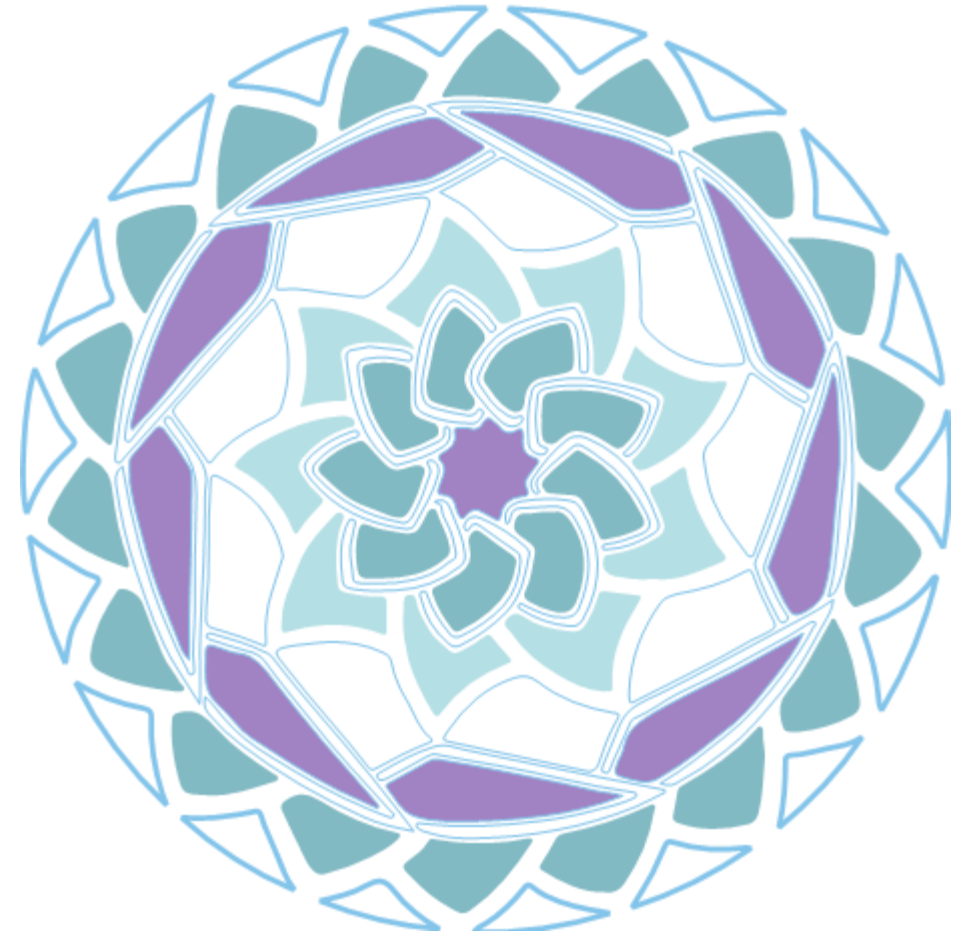


# Tips for travelling successfully when you've got fatigue

Pamela Rose Fatigue Coaching

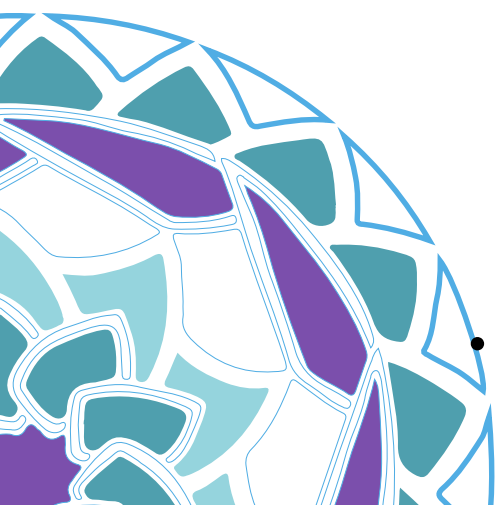


# What we'll cover today

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**Objective: To allow you to feel more confident about travel plans – at the time you're making them, and while you're actually doing them!**

- Why pacing is so helpful
- Some quick pacing tips
- How to plan a fatigue-friendly trip
- Specific pacing tips for travelling by:
  - Car
  - Train
  - Plane
- Helpful things to do when you arrive; and on returning home.



# First, some reassuring words!

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- I've been helping people cope better with, and improve, their fatigue challenges for six years
- This has included helping many hundreds of people successfully plan – and go on – trips for various reasons
- They're often apprehensive!
- But for many, it not only goes 'ok' – it goes really well! Indeed, in some instances they feel better away from home than they have for a considerable time
- The important thing is to feel CONFIDENT about your plan.



# 9 reasons changing your location might help

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- Changing default thought patterns
- Spending time with those you love
- Getting more natural light
- Eating differently
- Increased activity
- Walking barefoot / spending time in sea and on the beach
- Finding joy
- Looking after your skin
- Sense of achievement.

Read more in my Blogs! (see final slide for links)

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## Some general points about pacing



# Why is pacing helpful?

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- Fatigue challenges can include a variety of symptoms in addition to energy issues
- But it's often the fatigue that causes the biggest/ongoing challenge
- Either as a constant feature – or due to the 'boom and bust' PEM effect
- It's very likely that you still need to navigate your daily life while managing the fatigue symptoms
- That's where pacing can play such a helpful part:

**It allows you to plan your days to fit the energy that you have.  
Rather than trying to stretch your energy to fit the day you want to live!**



# Some quick pacing tips

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- Give up-front thought to the day you need, or want, to live
- Focus on the 'must do's' first – they need your priority energy
- Spread tasks out across the day to avoid 'booming and busting'
- Think about the different energy sizes of the things you need to do
- Don't just plan your days – think about the shape of your week too.

Done well, pacing should feel HELPFUL not restrictive.



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# Making travel plans





# Reasons for travel

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- There are a few reasons you might find yourself thinking about travel, for example:
  - Accessing health services far from home
  - Visiting family
  - Going on vacation
- Although each reason is quite different; the pacing approaches are pretty similar.

**The important thing is to consider things carefully, and plan ahead!**



# How to plan a successful trip

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How long do you need to be away for?

- Longer trips can actually be easier than short one-night stays
- Build in a rest day if possible

How will you get there?

- Train? Plane? Car?
- Each has its pros and cons, depending on specifics

Where are you going to stay?

- Pick accommodation close to where you need, or want to be
- Is there an elevator?
- Smaller hotels can be more energy-friendly
- Balance location with practicality!



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## Some travel friendly pacing tips



# Ensuring a successful travel day – by car

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- Driving is a much bigger cognitive task than we realise.
- Even being a passenger uses a surprising amount of energy.
- If possible, get someone else to drive - if you need to drive yourself, plan in time to stop for 'closed-eye' breaks.
- Keep the car environment quiet - music or talk radio and conversation adds greatly to the energetic demand.
- If it's comfortable to do so, wear an eye mask every now and then for short rests.
- Even if you're a passenger, it can be helpful to plan for a few rest breaks along the way.



# Ensuring a successful travel day – by train

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- Plan your onward transportation before you leave, e.g. book a taxi to meet you.
- Trains can be a fatigue-friendly option; but does usually mean a longer trip.
- Try to choose a day and time that's off-peak.
- If traveling alone, don't be reticent to ask for help.
- A busy/noisy train can feel quite draining – consider earplugs (e.g. loop or flare).
- Pack some healthy snacks and fluids in case the buffet car isn't handy.



# Ensuring a successful travel day – by plane

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- A great option for longer distances – and wonderful vacations!
- Consider booking airport assistance via your flight provider. (“plane catching prop”)
- Allow PLENTY of time – worrying you might miss your flight is very energy hungry!
- Airports are stimulating places, counterbalance this with earplugs and closed-eye rest.
- Don’t feel you need to fill every minute – enjoy the opportunity to rest.
- Consider sitting at the back of the plane (if you know it will board front and back).
- Stay hydrated!
- If using assistance, check how far they will be able to assist you.



# Once you've arrived at your destination

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- If possible, rest up for the remainder of the day
- Don't forget to eat and drink – especially if on a different time zone
- Utilise natural light to help you adjust to local time if required
- Use yoga nidra to help you sleep – unfamiliar beds can take a while to get used to.



# Arriving home

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- Don't feel pressured to unpack immediately.
- If possible, spend your first day home resting.
- Outsource tasks where possible for the first couple of days (laundry, meals, etc.)
- Give helpful attention to resetting your body clock (if you changed time zones).
- When you have time, capture what went well and what you'll do differently on your next trip.

**Feel proud of yourself for having completed your trip – it's well deserved!**





# Some final tips

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- If motion sickness is a feature when using your phone – try the MotionEase app.

## **Feel at home**

- Hotels and rentals can feel strange and ‘different’ at first.
- Which can make things feel more draining than usual.
- Taking something familiar with you can help with this: a pillow, scented candle, photo frame from your nightstand, etc.



# Helpful resources

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Sensate calming device (and other recommendations):

<https://drops.shop/pamelarose/healf> (10% off affiliate link)

Eye mask: <https://amzn.eu/d/hQbRPVA>

Background quietening earplugs: <https://amzn.eu/d/i7dPq5b>

Sleep ear plugs: <https://amzn.eu/d/41KMwjd>

Motion ease app: <https://www.innovapp.cc>



# How to access more of my help

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## My blogs:

- Successfully vacationing when you've got fatigue:  
[https://www.pamelarose.co.uk/post/fatigue\\_vacationing](https://www.pamelarose.co.uk/post/fatigue_vacationing)
- Maintaining your vacation-related improvements once you're back home:  
[https://www.pamelarose.co.uk/post/vacation\\_improvements](https://www.pamelarose.co.uk/post/vacation_improvements)

Use code 'TRAVEL' to get your £10 ticket price from today discounted from these further sources of help from me:

- My Four Week Fatigue Rescue interactive programme (starting 3<sup>rd</sup> April!):  
<https://www.pamelarose.co.uk/4weekrescue>
- My pacing course: <https://pamelarose.podia.com> (also applies to my Fatigue Help Bundle)



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# Q&A

