

CNRS's Top 10 Tips for Managing Fatigue

1. Fatigue is one of the most common symptoms following a stroke or a brain injury. This is generally because your brain needs to think harder to complete tasks that it previously completed automatically.
2. Think of your energy levels like a battery. Since you have had your stroke or brain injury, your battery is less effective than it used to be – it is quicker to drain and takes longer to recharge.
3. Throughout the day you may receive signs that your battery is getting low. Listen to these signs and rest. Your battery will be more effective at recharging if it is not too empty.
4. If you are feeling emotional then this will draw on your energy levels. Even if you are sat seemingly 'doing nothing', if you are feeling angry/upset/anxious you are using energy and draining your battery.
5. Pace your day. Complete tasks that you know will be draining at a time of day when you normally feel your best. Plan lots of rest periods to recharge your battery and keep your energy levels up.
6. Keep in mind the 4 P's: **Prioritise** what needs to be done – how much energy will it use? What can I delegate to someone else? **Plan** – daily activities and **Pace** yourself. Allow extra time to get things done and plan times to rest and recharge. **Permission** – allow yourself to do things differently and take into account how you are feeling. Learn to say no to other people and tell them how you are feeling.
7. Sleep is not the only way to recharge your battery. Do things that you find relaxing and mindful. As long as you take a break and allow your mind to be quiet, you should recharge your battery.
8. Eating and sleeping well are crucial to feeling well and managing your fatigue. If you are not doing these well then seek advice from NHS websites or your GP.
9. Avoid the boom/ bust cycle. If you try and push through your fatigue and do too much you will pay for it with time when your body cannot function for you. If you manage your energy levels, your fatigue will improve. If you continue to boom/ bust then you will make it worse.
10. If fatigue is negatively impacting on your life and you feel that you need more information or support for it then please ask about being referred to the ABUHB CNRS fatigue management workshop.