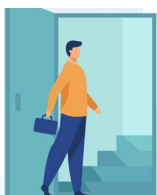


Tips to help your recovery from illness

Tiredness and Fatigue

When you are ill or recovering from an illness, you are likely to have less energy and feel tired. A simple task, such as putting on your shoes, can feel like hard work. [The Royal College of Occupational Therapists](#) have produced a great guide to help you pace, plan and prioritise.

Pace

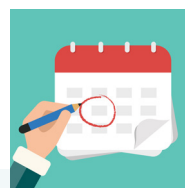


Pacing yourself will help you have enough energy to complete an activity. You'll recover faster if you work on a task until you are tired rather than exhausted.

The pacing approach: Climb five steps, rest for 30 seconds and repeat. You won't need a long rest at the top and won't feel so tired the next day.

The big push approach: Climb all the stairs at once. You'll have to rest for 10 minutes at the top, and feel achy and tired the next day.

Plan



Look at the activities you normally do on a daily and weekly basis, and develop a plan for how you can spread these activities out.

If certain activities make you breathless or fatigued, rather than do them in one go, plan ahead to do them throughout the day

Do weekly activities such as gardening, laundry and food shopping on different days, with rest days in between.

Prioritise



Some daily activities are necessary, but are all of yours? Ask yourself the following questions to find out which of yours are necessary:

- What do I need to do today?
- What do I want to do today?
- What can be put off until another day?
- What can I ask someone else to do for me?

