



Brain Injury Bites: Help and Advice

Episode Three: Fatigue and rest

Episode Three: Fatigue and rest is now available to stream on your favourite podcast app:



Take a rest!

Understand when you are feeling fatigued and make sure you take a rest. Don't fight the fatigue and accept you need to rest.

Planning

Plan rest time into your routine. Organise your time. Use planning and structure to plan your week and ensure activities are evenly spaced out to allow for rest.

Organise different activities based on your symptoms and fatigue levels (for instance, try to organise cognitive task in the morning if that is when you feel most refreshed, and physical activities in the afternoon).

Find a balance

Try to find a balance between resting and not doing too much. Try to do as much as you are able and avoid doing nothing at all. Do everything in moderation.

It's ok to say no

Don't say yes to everything - trying to do too much will affect your fatigue levels. Be the best version of yourself for a shorter amount of time, rather than an exhausted version of yourself for a longer time.

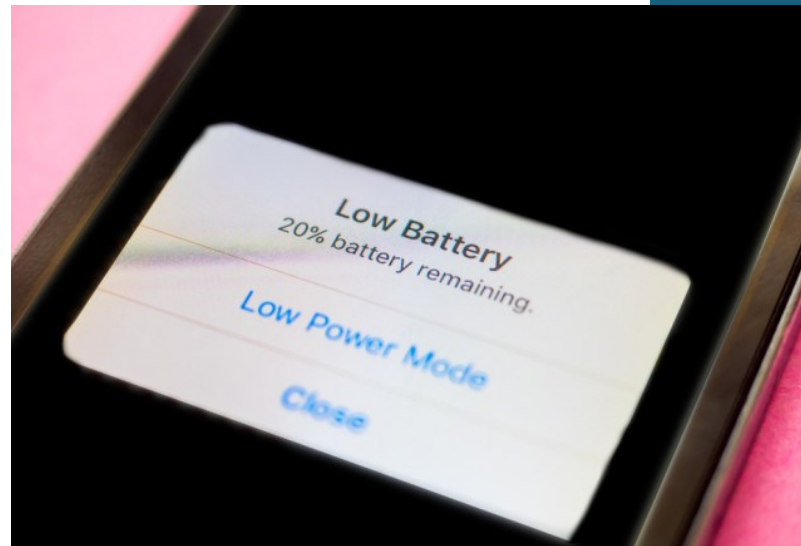
Routine and regularity

Understand the importance of having a routine and regularity in your life. Planning ahead and knowing what you've got coming up can help you to manage your fatigue levels.

Don't rest too late in the day, as this will affect your sleep at night. Also have a regular bedtime/wake up time and stick to it. If you feel exhausted in the morning, try and force yourself you get up to stay in this routine.

Don't do things when you're feeling fatigued

Try to avoid making decisions and undertaking tasks when you're tired and fatigued. Take a step back, rest and think before you act.



“Consistency is key - have your plan - stick to it - and rest!”



Brain Injury Bites

Bite-sized podcasts helping brain injury survivors

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