

Chapter 7

SHaRE & REPaIR

Virtual Programme



REPaIR - Repair Emotional & Physical wellbeing And Increase Resilience

‘Befriending’ our energy

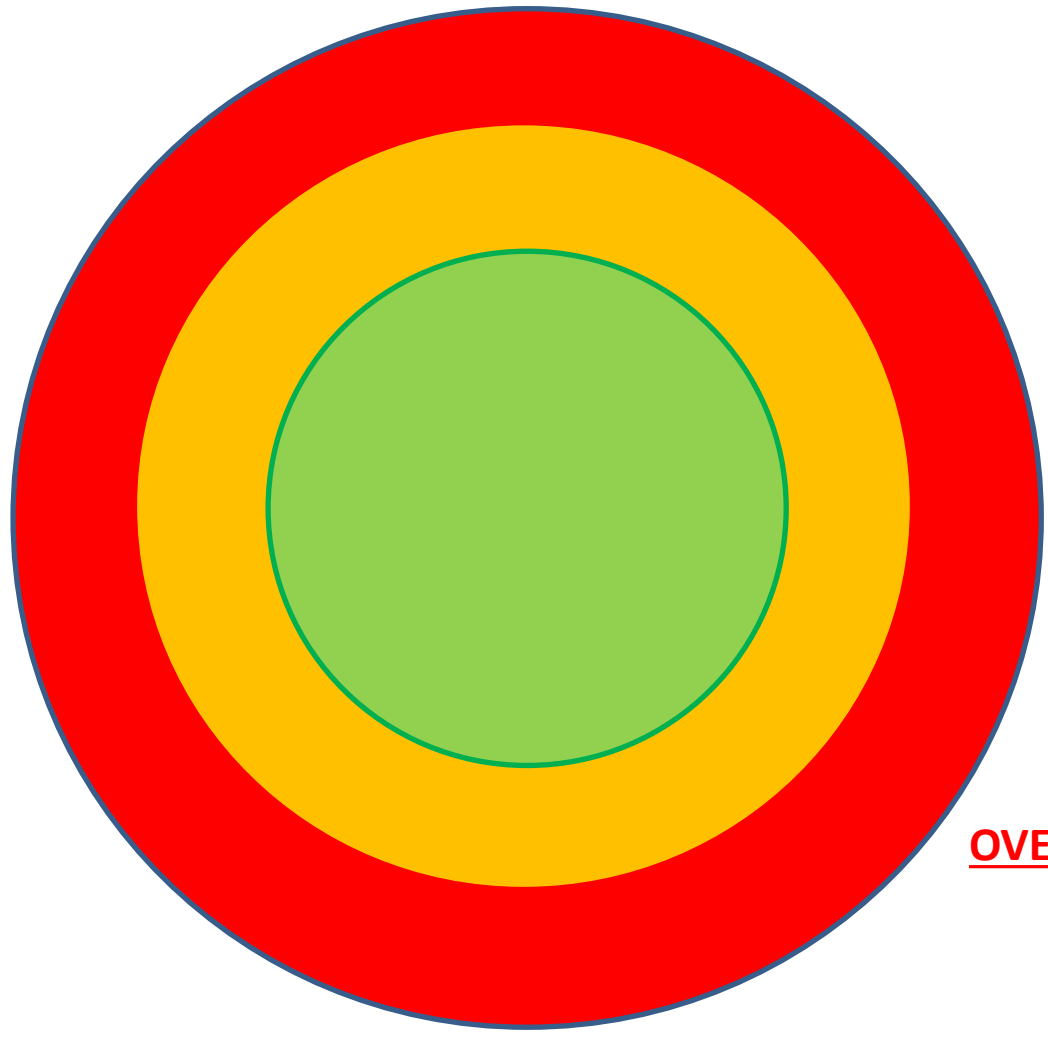


And coming up...

- How are you?
- Review of the past week: what did you try, how would you rate it's effect: 0-10.



How are you?



COMFORT ZONE

CHALLENGED ZONE

OVERWHELM ZONE

Exploring fatigue?

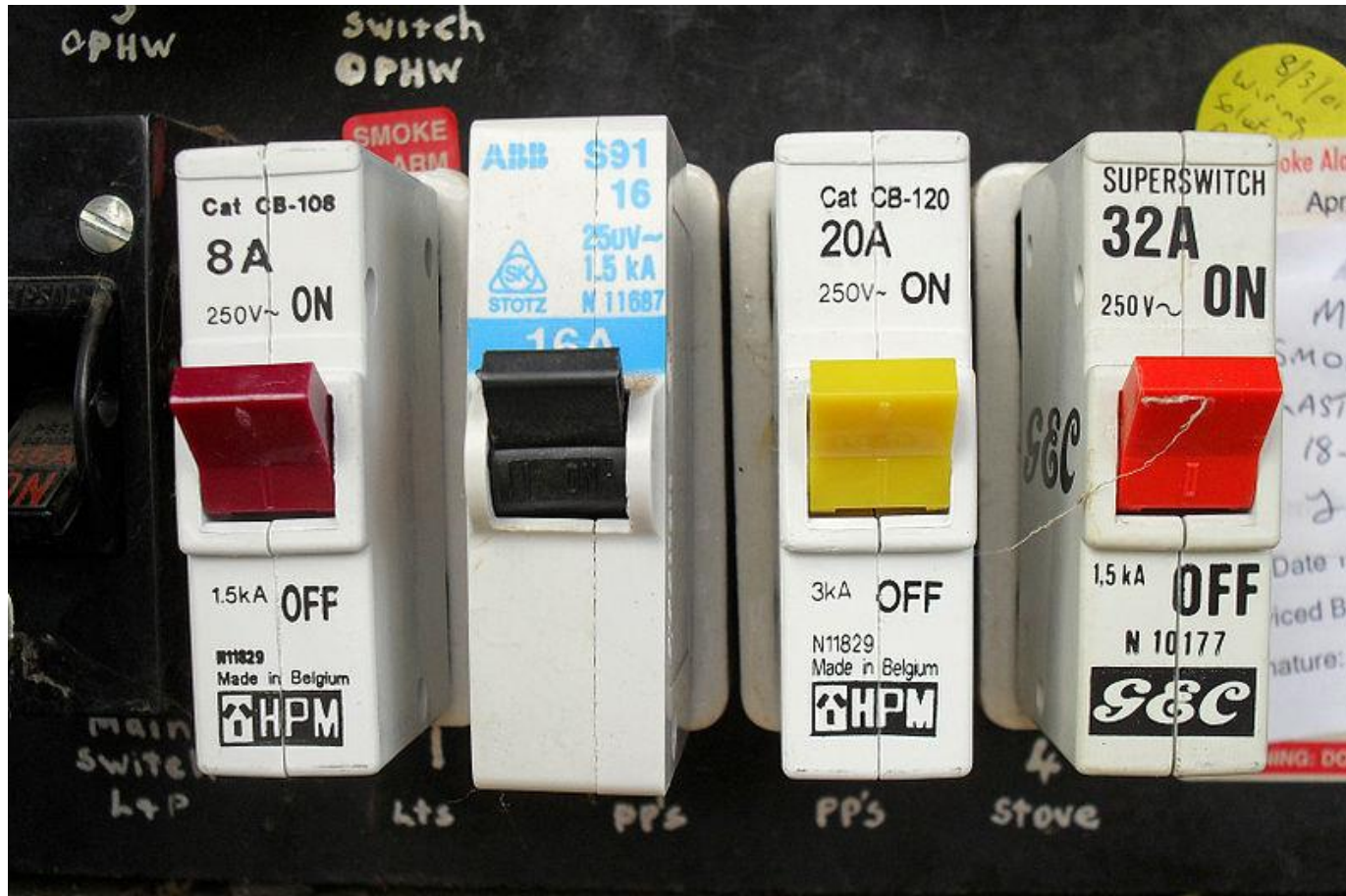
- ‘Fatigue’ – an absence of energy.
- Where does fatigue come from?
- Where does energy come from?
- Where is energy used? (mental, physical, emotional expenses)
- How to I create the right balance – body budgeting?

Exploring fatigue?

Fatigue can be overwhelming, & therefore needs individual attention.

Some people who have Fibromyalgia have extreme fatigue, which cannot be ignored, it can disrupt a person's life completely and can be as difficult to manage as pain; with friends, colleagues and family finding it hard to sympathise. Extreme fatigue may come and go and depends on how well you sleep and balance your activities.

Biology & fatigue?



'ENERGY CRISIS'

Behaviour & fatigue?

Your bank account will use energy like money. Just like an account you need to be aware of how much money is available

If you have a limited amount of energy then you need to budget and spend wisely



If you use up more energy than you have you will become "overdrawn"

Energy "overdraft" means you will have to pay back the energy - usually with interest

Repairing fatigue - Sleep



Making friends with sleep

Barriers..??



Aids..??



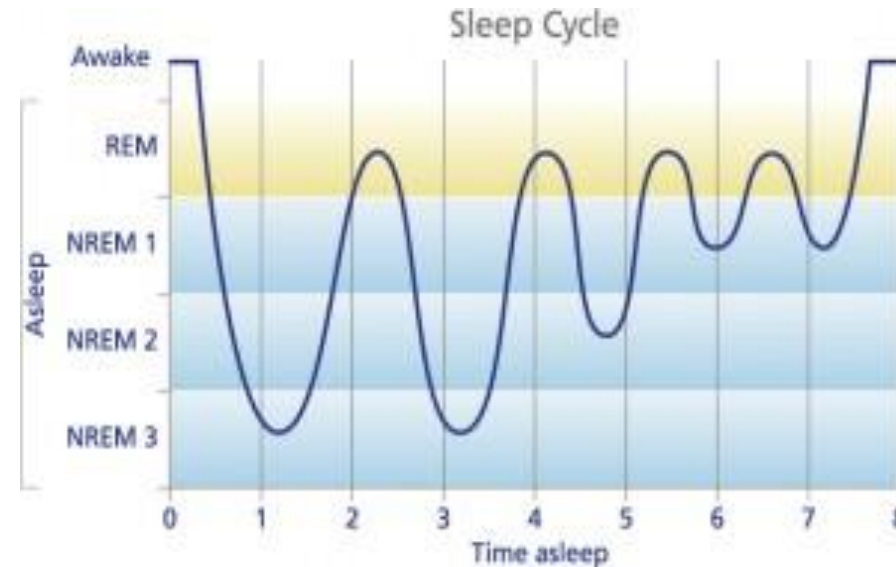
- Knowledge
- Attention & commitment
- Befriend body and mind
- Mend habits and environment

www.sleepcouncil.org

www.dorsetpain.org.uk

What is sleep?

- What is sleep?



- What conditions are necessary/helpful?

Repairing sleep?



Repairing Fatigue

Ideas & Tips for management;

- Exercise can reduce fatigue, especially appropriately paced, regular, cardio-vascular exercise.
- Restorative sleep is essential, use good sleep hygiene routines, and manage your stress.
- Consider your diet, using stimulants to prop up your energy levels leads to energy crash.
- ‘Budgeting’ - Remember that everything that you do physically, mentally, and emotionally will have an energy requirement .
- Keep an energy diary for a few typical days – writing down everything you do and giving a score out of ten for each event and its impact on your energy levels, where 0 is no impact and 10 is maximum impact. After you have done this you may find that the times when you are most fatigued make sense
- Plan your days to even out your daily energy requirement; for example you would not choose to follow two high energy requirements options without an adequate break.
- Each day must be interspersed with periods of ‘true rest’ that is to be resting in a position where all your joints are in mid range and external stimulus is minimised.





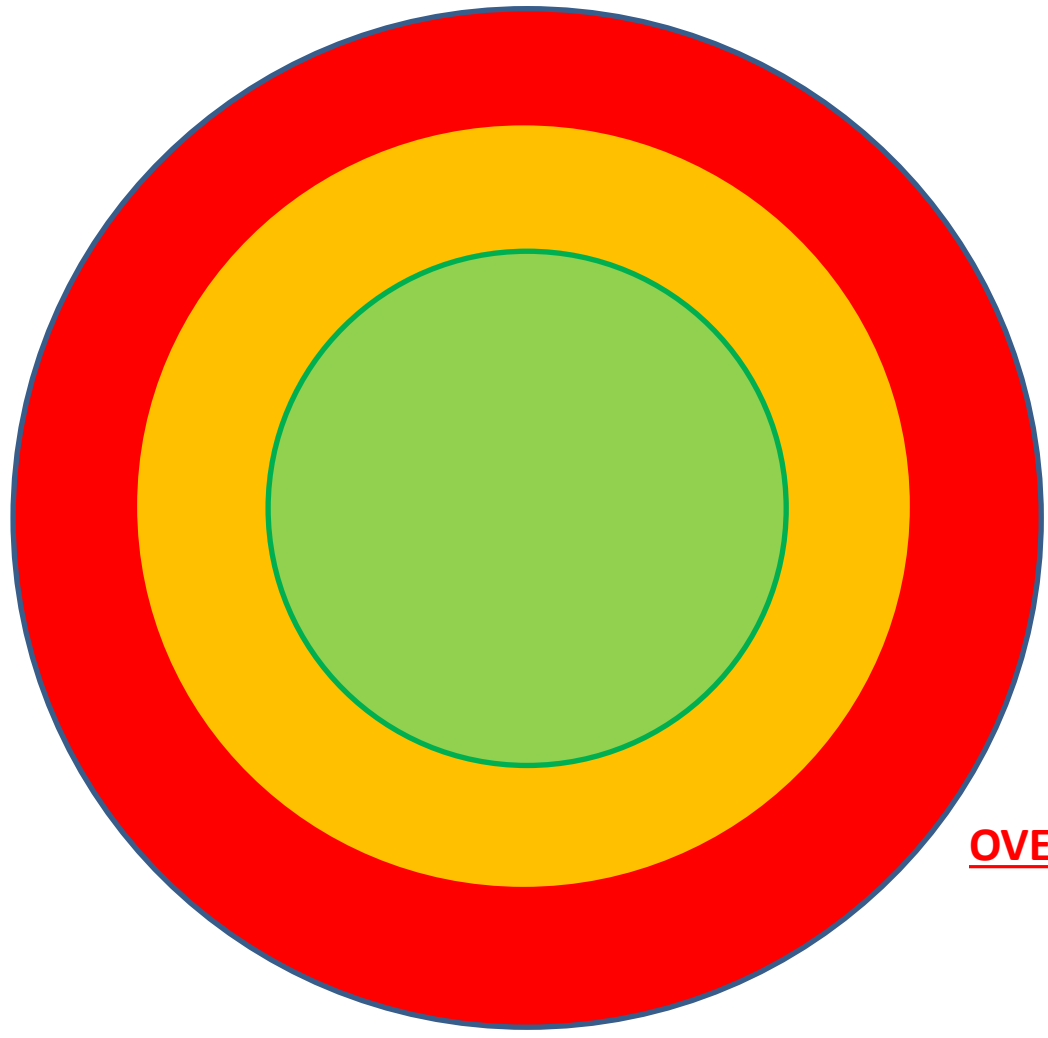
Weekly practice...

Weekly task;

- Read and complete this week's worksheets.
- Visit DPMS website www.dorsetpain.org.uk , watch Tai chi video (tinyurl.com/12xgjm56) aim to explore some new movements, whilst keeping within your comfort zone.
- Have a go at our 'Movement as Medicine' sessions <https://tinyurl.com/mtkybpuy> . Building cardiovascular fitness is a great way to reduce fatigue. Carefully engaging in activities that push at the edges of your comfort zone can revitalise your stress response systems, again helping to build resilience and energy levels.
- Daily suggestion:
 - Take a friendly attitude to assessing your state. Monitor how you are spending your 'energy budget'.



Closing -How are you?



COMFORT ZONE

CHALLENGED ZONE

OVERWHELM ZONE