

## *Fatigue strategies checklist*

### **SELF-CARE**

- drinking water
- eating regular meals
- exercising to build your energy levels
- getting a good sleep overnight.

### **SORT YOUR ROUTINE**

- start your day with 3-5 key tasks
- schedule downtime during the day
- keep a checklist of daily reminders. Put it in a convenient location where you look at it frequently (or keep it on your phone).
- change tasks every 30-45 minutes e.g. physical tasks vs thinking tasks, chores vs fun activities.

### **PRIORITISE YOUR ACTIVITIES**

- do important stuff at your best time of day
- spend your energy wisely on activities of greatest value
- identify what restores energy.

### **ORGANISE THE TEAM**

- ask for and accept help
- tell others how they can support you
- adopt a champion – see page 61

