



Fatigue management

Strategies for managing fatigue:

- ✔ Sleep well and wake refreshed (reduce naps if affecting your night's sleep)
- ✔ Regular exercise to help you feel positive and energised
- ✔ No alcohol or illicit drugs that can affect your mood, reactions and hydration
- ✔ Eat a healthy diet. Consider smaller more regular meals to ensure you have enough dietary resources to remain focussed and active
- ✔ Limit caffeine/energy drinks/sugar as they provide a false expectation of your body's energy levels
- ✔ Learn stress management techniques, to deal better with stress and pressure.

Fatigue can be managed with **forward planning, pacing and regular rest.**

1. Forward planning

- **Set priorities** for what is most important to be achieved and reduce stress e.g. need to do vs want to do
- **Set daily/weekly achievable goals**
- **Plan ahead:** So that you have the time to achieve each goal and time to rest
- **One task at a time:** To improve your efficiency
- **Clean, uncluttered environment**
- **Delegate tasks and set boundaries.**

2. Pacing

Activity pacing has two parts to it, conserving energy for activities you value and setting graduated activity goals to help you to increase your ability to do activities (tolerance) and reduce the impact of fatigue.

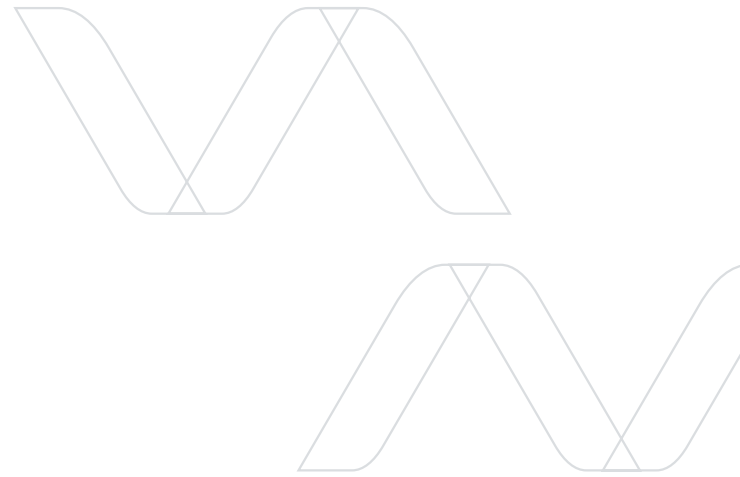
- **Break it down:** Doing little bits often or finding the middle road between not overdoing and not underdoing. Alternate cognitive or thinking activities with physical activities. Alternate complex or more stressful tasks with more routine or simple tasks. Use a checklist if needed.
- **Gradually increase your activity:** Start with what you can achieve with a little effort and then gradually build on that from week to week.

3. Regular rest/routine

- **Schedule rest periods:** Take regular rest breaks and then back to some activity.
- **Set a regular routine:** To reduce the thinking effort required to constantly plan ahead.

Questions to ask myself:

- What happens when I am fatigued?
- What are my triggers?
- How long can I do certain activities before needing a rest?
- What strategies will I put in place?
- What jobs/tasks are my priorities or must do?
- What can I do differently to reduce the demands on me?
- What is stopping me from using these strategies?

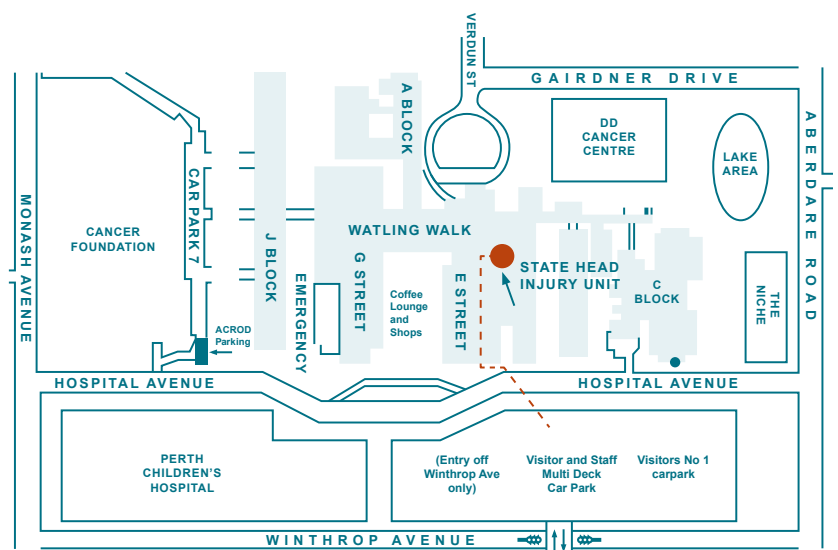


How to contact us

- ☎ (08) 6457 4488
- 📄 (08) 6457 4489
- ✉ shiu@health.wa.gov.au
- 🌐 nmhs.health.wa.gov.au

Sir Charles Gairdner Hospital
Ground Floor, 'E' Block
Hospital Ave, Nedlands WA 6009

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