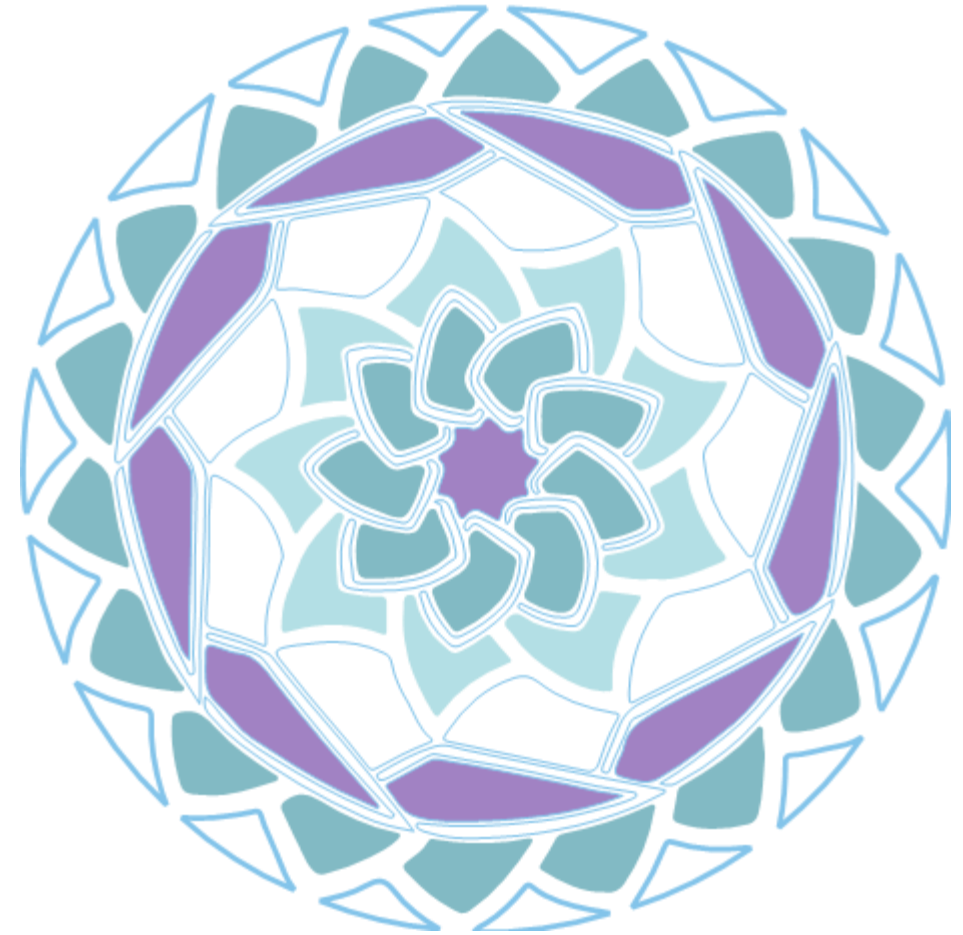




# Festive Fatigue Rescue

Pamela Rose – Fatigue Coach



# What we'll cover today

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- My top 5 festive tips:
  - The helpful mindset you can adopt to make things feel less pressured
  - Practical pacing tips to help you balance your energy levels as well as you possibly can
  - Some important guidance around resting properly
  - How to tackle the dietary challenges that arise at this time of year
  - How to communicate with those who don't understand what you're going through.
- Other ways to get help (now, and slightly longer term)
- General Q&A



# But first, some general advice

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- The daily non-negotiables!
- No matter the time of year, or day of week
- Wherever you're at on your journey

**Give these consistent attention.**



# 1 - Mindset

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- It's so important to find ways to feel confident and hopeful
- Don't let this time of year add extra pressure
- Don't worry about things before they've happened
- Accept, prioritise and plan
- Adopt a mindset of "I'll make today go as well as it possibly can"



## 2 - Pacing

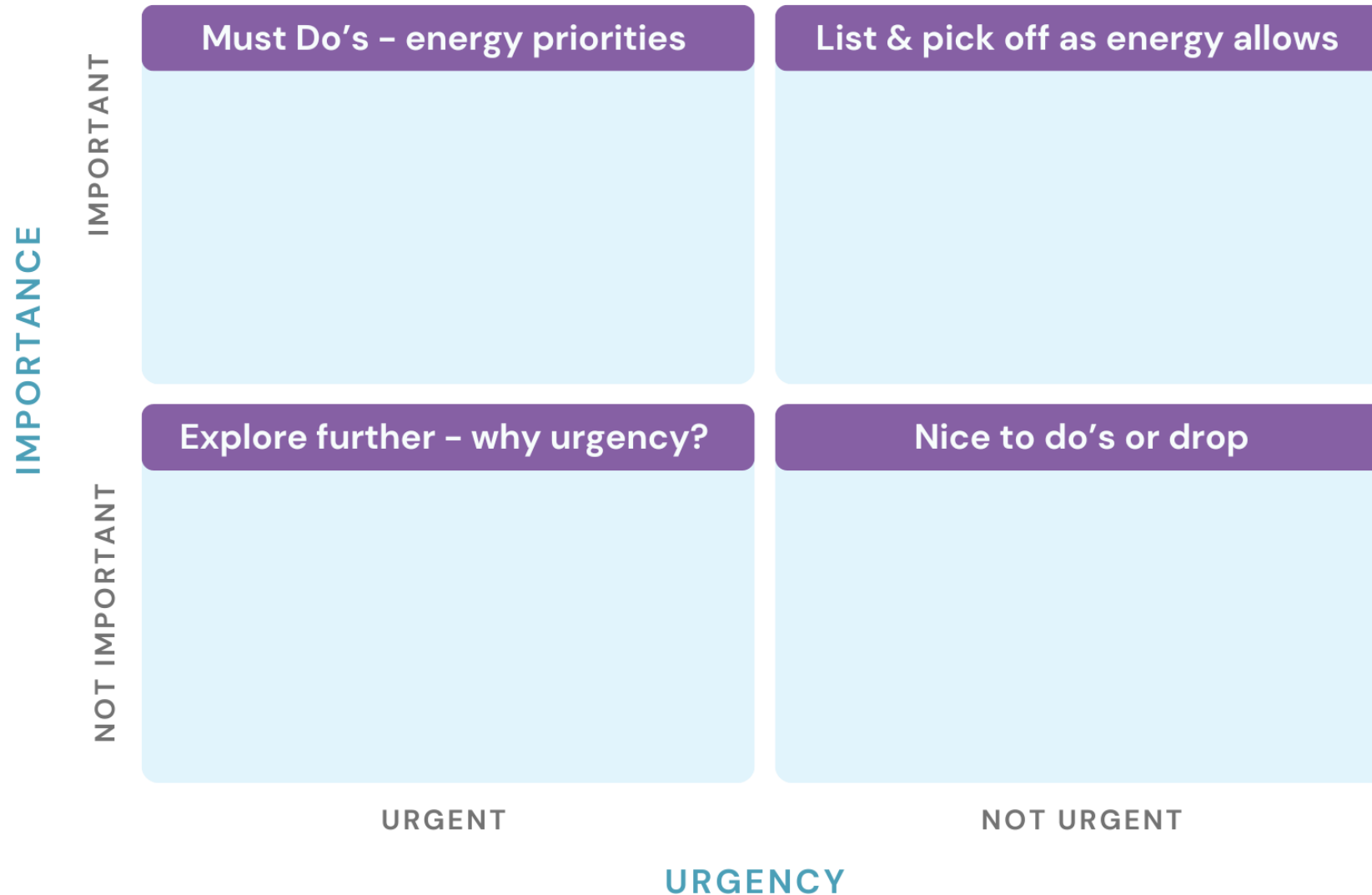
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- Plan ahead – manage things in advance if possible
- Plan and prioritise what you're going to spend your energy on
- Ask for help! (It's ok to say you can't do it all)
- Slow things down
- Plan a gentle start to each day.



# A helpful way to prioritise tasks

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# 3 - Resting

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- Be aware of your environment
- Reduce stimulation for at least short periods of time
- Rest PROACTIVELY not REACTIVELY
- Don't lose your careful regimes because external routines have changed.



## 4 – Nutrition/diet

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- Decide if it's ok to relax your healthy eating for a day or two
- If so, give yourself permission and don't stress about it
- Don't overeat – 80% full
- Leave a good 2 hour gap between last mouthful and bed
- Give yourself rules if it helps
- Alcohol is ok for some – but keep to one or two.

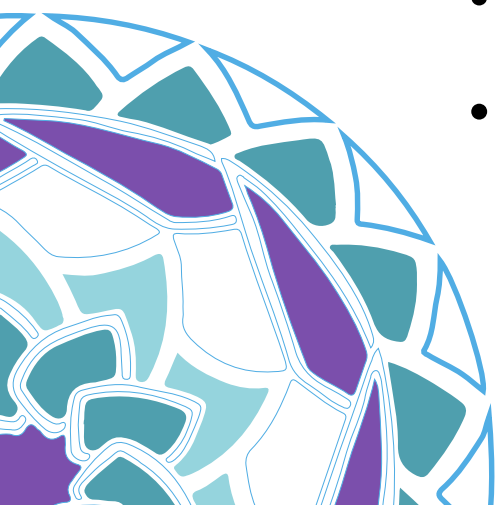




# 5 - Communicating

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- Don't even try to get people to \*completely\* understand
- Identify groups of audiences and plan ahead
- Decide how you'll frame things to each group
- Use “thank you”, rather than ‘sorry’
- Use ‘positivity sandwich’ – people will absorb it more
- Be consistent with words and actions – don't confuse!



# Other ways to receive help and support

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- Become a pacing pro with my help! (Fatigue Reset: How to crack pacing)
- Stay hopeful and inspired when needed: Raelan Agle on Youtube;  
[www.healwithliz.com](http://www.healwithliz.com); <https://www.longcovidpodcast.com>
- Going forwards: my **Four Week Fatigue Rescue** – next intake starts 9<sup>th</sup> January
- Remember your voucher code! Visit [pamelarose.podia.com](http://pamelarose.podia.com) and use 'FESTIVE15' to get £15 off my on-demand webinars and courses.

**Now - on to our Q&A....! [stop recording!]**