Managing fatigue

How to prioritise, plan and pace when your energy is limited.

With long-term fatigue, energy is like a phone battery that charges slowly and never quite to full. Running it flat costs days. The skill is to stay within what you have and let the capacity grow gradually.

The four Ps

Prioritise
What has to be done? What matters most to me? What can wait, be dropped or be done by someone else?

Plan
Spread demanding tasks across the day and week. Put the hardest at your best time. Leave gaps.

Pace
Break tasks into chunks. Stop before you are tired. Alternate heavy and light, physical and mental.

Position
Sit to do things where you can. Keep what you use within reach. Use tools that save effort.

Rest that counts

- Rest before you are exhausted, not after.
- Short and regular beats long and rare.
- Proper rest means low stimulation: eyes closed, no screen, no conversation.
- Rest is part of the plan, not a sign of failing at it.

Things that drain more than you expect

- [ ] Noise and busy places
- [ ] Screens and concentrating
- [ ] Emotional conversations
- [ ] Rushing
- [ ] Standing still
- [ ] Poor sleep
- [ ] Skipping meals
- [ ] Worry

Building up

Once your days are steadier, add activity in small amounts and hold each level for a week or two. If symptoms climb and stay up, step back to the last level that was comfortable.

What drains me most

What recharges me, even a little

One change I will make to how I spend my energy this week

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