

Managing Fatigue

The Five P's of Energy Conservation:

1. Planning Ahead:

Plan how you are going to use your energy. Spread your tasks throughout the day/week. Make sure to prioritise self-care activities. A good way to stick to a plan is by writing your tasks in a calendar/diary/timetable.

It is important to plan how you will execute the task. Think about what will make the task easier to complete.

Reminder: Take your rest periods into account. Do not wait until you are exhausted to take a rest.

2. Pacing

Break down your planned tasks for the day into smaller pieces and take breaks in between each piece. It is important to not rush tasks and allow yourself sufficient time to complete each task as to not over exert yourself.

Reminder: Do the more difficult tasks during the time of day in which you have the most energy.

3. Prioritise

Make sure to prioritise the most important tasks and ask yourself, 'Is there anyone else that can complete this task?'. Delegation is encouraged when necessary. Tasks that are not a priority can be postponed if required.

Reminder: It is important to prioritise time for activities that give you pleasure such as going for a walk, grabbing a coffee.

4. Positioning/Posture

How you are positioned while completing a task is equally as important as completing the task. A good posture/position can take some exertion out of the task and can save you a lot of energy. Consider sitting while ironing or sitting on a stool while working at a counter top.

Reminder: Sitting, standing, walking, lifting, carrying etc all require good posture. Additional exertion during a task will lead to fatigue and potentially exhaustion.

5. Positive Attitude

It is important that you understand some days are better than others. Do not be hard on yourself if you are unable to complete all the tasks listed for the day/week. It is okay to ask for help and to allow people to help.

Reminder: Having a negative attitude can be draining on yourself and add to your fatigue and stress levels.