

# Managing your energy levels



It's normal to have low energy and feel more tired than usual when you're unwell, recovering or managing a long-term condition. Everyone's experience of fatigue is unique and can have different causes; making it hard to define.

Fatigue involves a lack of physical and/or mental energy that impacts daily activities.

You may feel pressure to resume your usual activities quickly but give yourself time and don't rush.

## The 3 Ps principle (Pace, Plan and Prioritise)

### Pacing - top tips

- Break activities up into smaller tasks and spread them throughout the day
- Try adjusting different parts of an activity to reduce the energy demands
- Build rests into your activities; they're key to recharging your energy
- Stop, pause and rest between activities where possible
- Sit and rest wherever possible.

### Planning - top tips

- Plan ahead as much as possible
- Create routines
- Spread activities out
- Keep items you need together and in easy reach
- Look for equipment to reduce effort
- Measure and track your energy use.

### Prioritising - top tips

- Be kind to yourself and don't try to do everything
- Create a balance of activities you need and want to do
- Delegate or drop tasks if you can
- Look for activities that make you feel energised.



## What you can do... Tips to manage your energy

- Exercise helps improve fitness, reduce energy usage and improves well-being
- Set small achievable goals
- Avoid boom/bust cycles, all or nothing patterns
- Monitor your sleeping pattern - keep a good sleep routine
- Reduce Caffeine and alcoholic drinks
- Challenge old habits
- Prioritise activities that matter to you.



It is important to rest your mind as well as your body.

When trying to rest, think of approaches that also relax the mind.

Examples of these are:

- breathing exercises
- mindfulness
- muscular relaxation
- calming sensations such as heat or cold, gentle movement or music.

**Use an activity diary to identify patterns of fatigue and help manage your energy use**

If you don't know why you have fatigue, speak to a health professional in your GP surgery.