

STROKE VOCATIONAL REHABILITATION

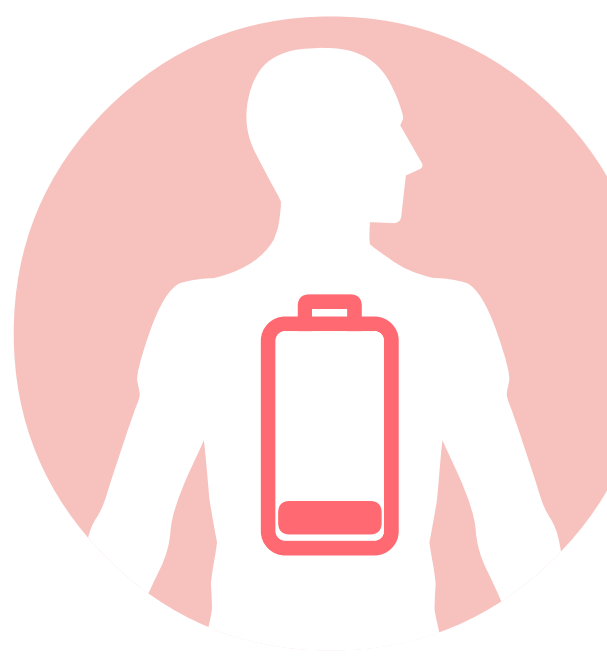
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FATIGUE MANAGEMENT WORKBOOK

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Week 1 worksheet

Understanding my fatigue



What does fatigue feel like for me?

How does my fatigue affect me?

What types of activity worsen my fatigue?

Physical

Cognitive

Social

**Psychological/
Emotional**

To help my fatigue, this week I'm going to try...

Week 2 worksheet

My activity demands



Identify 3–5 of your main weekly activities and rate them high, medium and low demand:

High	Medium	Low

Plan in a rest activity this week

How could I explain my fatigue to others?

Write what you would tell a manager or colleague. You could use an analogy e.g. spoons, battery.

To improve my fatigue this week, I'm going to try...?

Week 3 worksheet

Fatigue Management Strategies



1. Pick a work based activity that you need to do this week?

2. How would you prioritise it (tick a box in the matrix)

3. Plan it on the calendar
(consider if it is high/medium/low demand)

4. How could you break it down (pace) to manage your fatigue at work?



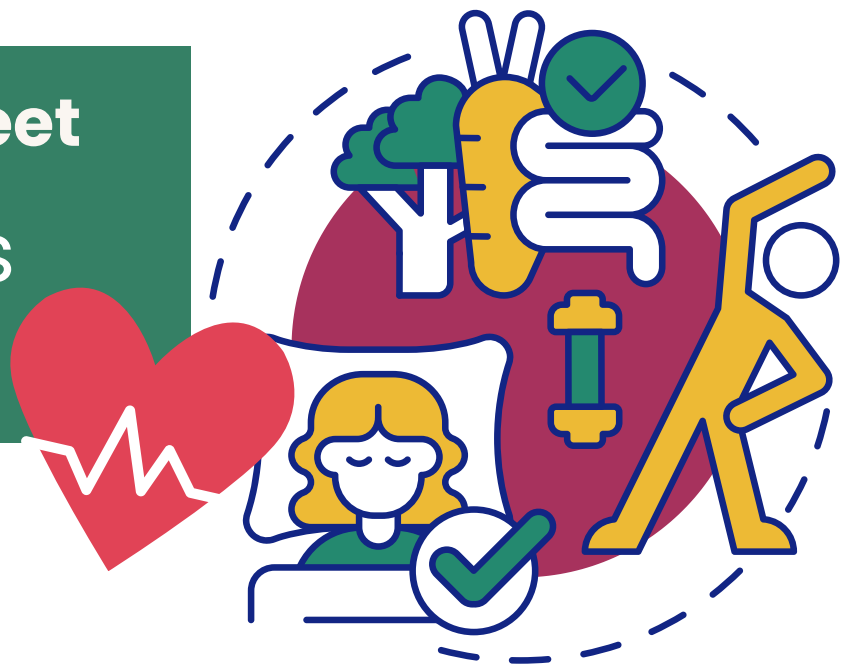
	URGENT	LESS URGENT
IMPORTANT	DO NOW	SCHEDULE
LESS IMPORTANT	DELEGATE	DELETE?

Rest activities that help my fatigue...

Plan in a rest activity this week

Week 4 worksheet

Lifestyle factors



Do I feel that I...

Get enough sleep ☐

Eat a balanced diet ☐

Drink enough each day ☐

Exercise enough ☐

Manage stress
effectively ☐

My triggers for stress

Pick a lifestyle factor above.
**A small change I'm going to
make this week is...**

**Things that help me to
reduce stress**

Week 5 worksheet

Goal setting and Set backs



My long term work goal is...

.....

My work goal for the next 4 weeks is...

.....

.....

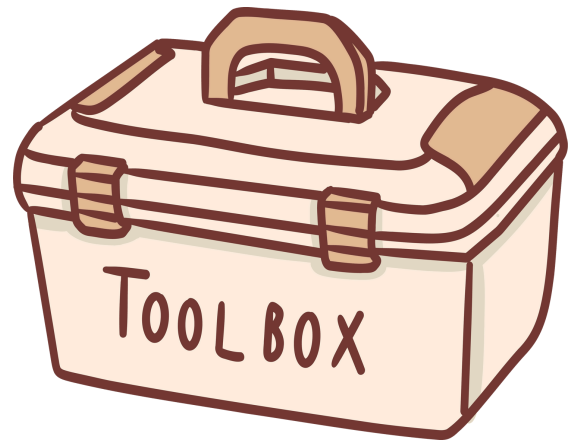
Steps to achieve this...

My Setback Plan

Support/strategies to help me achieve this
e.g. 5 P's, grading, family

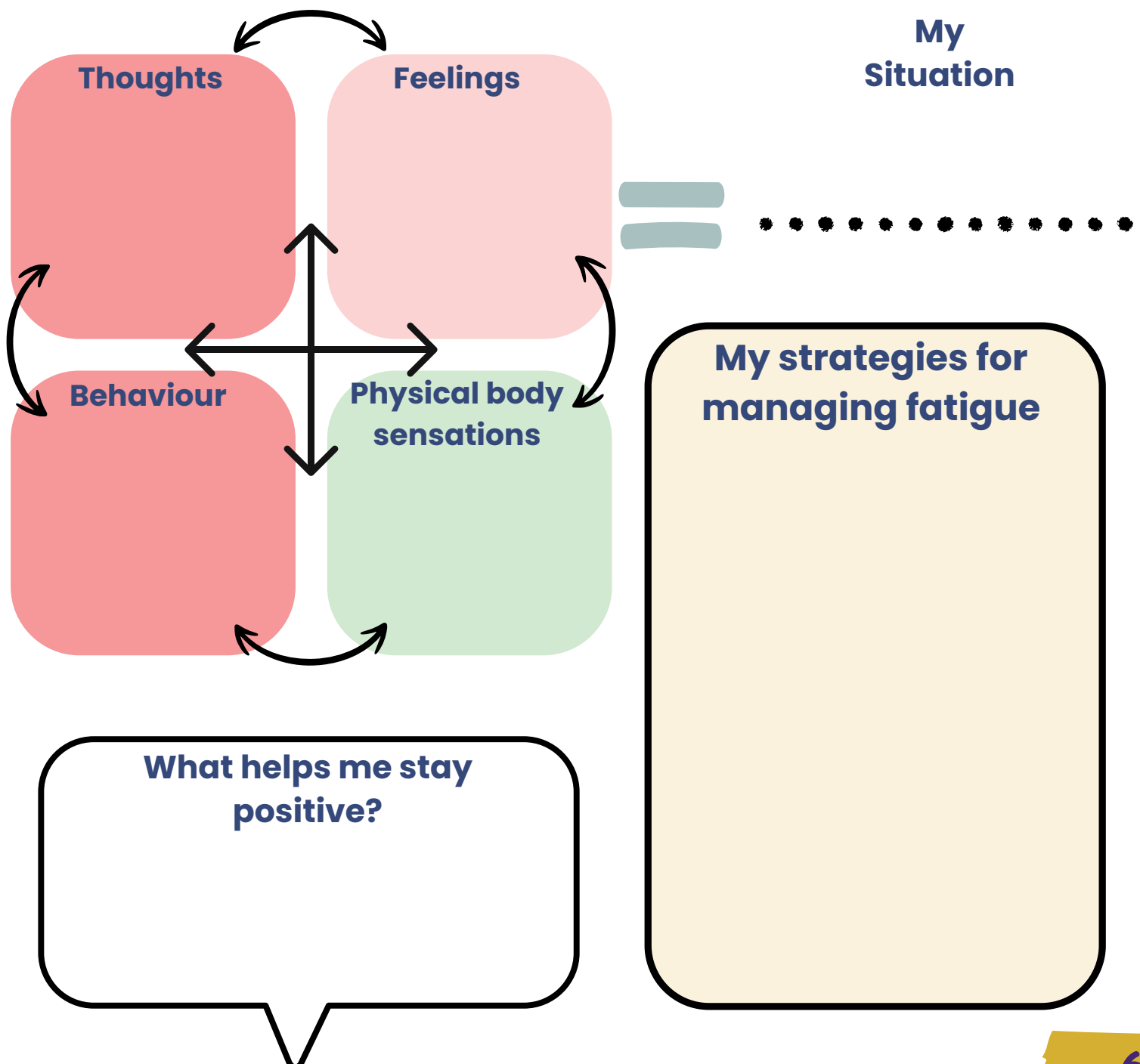
Week 6 worksheet

My Fatigue Management Toolkit



Challenging negativity

Think of an activity you have found difficult because of fatigue. Use the CBT model to unpick how your thoughts, behaviour, bodily sensations and feelings can impact on a situation.



Activity Diary

Example day:

Activity diary key:

Mon
Sleep
Shower
Eat breakfast
Tidy kitchen
Short walk
Make lunch
Nap
School pick up
Make tea and tidy kitchen
Watch tv
Sleep

	High Demand (e.g., I am exhausted or could be if I continue with this activity too long)
	Medium Demand (e.g., I can do this for a short burst of time or only as long as needed)
	Low Demand (e.g., I feel refreshed or I could do this activity all day) Includes sleep/rest.

Why use activity diaries?

- 1 To understand where our energy is being used.
- 2 To plan our day/week to ensure our energy levels stay balanced.

Try plan your own using the template below:

- 1 Which activities did you do yesterday? Put these in order of when you completed them.
- 2 How that activity made you feel?
- 3 Try to fill out your daily activities and assign them to red/amber/green

