

## Fatigue Management



80-90% of people who have experienced a brain injury will have long term fatigue but it **CAN** be managed with the right strategies and education. It is all about monitoring the cognitive battery and keeping it charged.

### Monitoring triggers and vulnerabilities

Take time to monitor and record what makes your fatigue more prominent and which environments or stimuli are your personal triggers. Everyone is different. What affects one person, might not be the same for you. Different environments will cause different symptoms, keep track of this with daily logging.



**PHYSICAL**- how you feel it in your body, aching limbs etc



**COGNITIVE** - also referred to as mental fatigue. This impacts your thinking and processes. Try and keep a log of when you are feeling overwhelmed, cognitively, or when your battery is low.



**EMOTIONAL**- arguably the most draining of them all as it affects your feelings, thoughts and behaviours and adds to emotionality. Log your mood and emotional triggers. This can be hard as you don't want to focus on the negatives, but it is important for insight.

Learn what your fatigue feels like. Is it...

Physical aches and pains, heady feelings/fuzziness/headaches, visual issues, sensory symptoms, a sense of anxiety or overwhelm or something else?

## Tips



Noting these feelings is important to raise your own awareness. It allows for reflecting and it leaves room for seeing progress. This should be part of your daily routine.

Consider responses that might not be acting in your interests:

- Are you becoming short tempered?
- Are you withdrawing cancelling social events?
- Are others around you telling you about things that you don't notice or cannot recognise in the moment?

## Discover what recharges your batteries.

What are your rest and recharge schedules? For some it's sleep, but it can be things such as a gentle walk, mindful colouring or a simple bath.

We don't want 'boom or bust'. Rests need to happen before you need them, not WHEN you hit the wall. This is tricky for many, because you want to take the opportunity to get things done when you have energy, rather than stop. Being strict with yourself is needed here.

## About Natalie

Natalie holds a BSc in Psychology and MSc in Cognitive Neuropsychology and is the author of "The Fatigue Management Journal". She has worked in the field of Neuro Rehabilitation for over 20 years. As a Cognitive Rehabilitation Therapist and Certified Brain Injury Trainer, she has worked with hundreds of families and clients who experienced a brain injury, ranging from concussions to severe injuries. Natalie provides training to both her internal team and to other professionals, workplaces and educational settings.



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