POST VIRAL FATIGUE

General Management Advice



1 BE SELF COMPASSIONATE

Acknowledge you have been ill and allow yourself to take time to recover. Try not to judge yourself for the things you can't currently do and start from the point of acknowledging what you can and move forwards from there.



2 TYPES OF FATIGUE

The fatigue you experience might be physical, cognitive and/or emotional this means that as well as feeling physically drained you may for example struggle with concentrating and stress might make your fatigue worse. Be aware of these types of fatigue in order to consider how they impact on your day to day life. having an awareness of these types is key.



3 PRIORITISE ACTIVITIES

While your energy levels are low prioritise all you need, want and have to do. Initially, do not attempt to do everything you did before you became ill as you will get frustrated and upset.



4 PACE YOUR ACTIVITIES

Break up what you need to do into manageable chunks of time. That way you will feel you have achieved something in a paced way and avoid overdoing things and experiencing a set-back in energy levels.

5 PLAN A ROUTINE



Having a basic routine such as getting up at a set time going to bed at the same time and planning restorative breaks throughout your day, will help recharge your personal battery. Be patient it will take time to get back to how you were before you became ill.

6 COMMUNICATE



Fatigue is something that is difficult for other people to understand at times as it cant necessarily be seen but can significantly disrupt a person's day to day life. Do not be afraid to tell others how you are feeling. Be confident in knowing it is a medically acknowledged symptom of many viral illneses. Have confidence in telling people this.