

## OVERCOMING CHRONIC FATIGUE

### PREVENTING SETBACKS

Review the information in Chapter 11 on 'Managing setbacks' to help you to complete this sheet.

*Can I identify any warning signs or triggers that make my fatigue worse?* (E.g. when I am very busy/get an infection, don't sleep well, have more difficulty getting out of bed.)

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*What steps do I need to take if I find myself getting into difficulties?* (E.g. ensure that I take planned breaks and slightly increase them, if necessary, do not stay in bed all day, discuss with a partner or friend, ask for help, prioritise my activities.)

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