

FATIGUE MANAGEMENT

When you have some form of injury to your brain, (i.e. head injury, stroke tumour etc) increased fatigue levels often result. This is quite common and to be expected.

Fatigue can result for the following reasons:

- Your brain having been injured requires more energy to carry out very basic tasks and there is no energy left for anything extra.
- Tasks require increased energy, as they are more difficult to complete.
- Your body is still recovering from a major trauma and returning to health.
- Fitness levels are reduced as a result of prolonged hospitalisation and/or damage to the motor system.

What can you do to reduce fatigue?

- Allow for regular rests.
- Follow activity with rest.
- Sleep if necessary, but maintain a regular routine.
- Learn signs of fatigue e.g. weakness, loss of concentration, headaches, dizziness, irritability. Stop activity if any of these signs appear.
- Learn what and how much you can cope with and stay within reasonable limits.
- Set yourself realistic, appropriate goals to achieve daily, i.e. use a note book or diary.

If an activity is broken up with rest periods this can increase the chance of completing an activity successfully. People who “soldier on” regardless, often end up with increased fatigue and reduced energy and do not complete a task.

Often on a “good day” head injured people will be tempted to do a lot more than usual, this can result in the following day being a “bad day” which could increase the symptoms of headache, tired, depression, irritability, no energy.

Getting the right mix of activity and rest takes trial and error. Monitoring of activity will help maintain and increase your level of energy. If you do not get it right the first time, keep trying, as eventually the right mix will become apparent.