

A Self Help Guide to Fatigue Management

Fatigue is a normal part of the body's response to fighting a viral infection such as COVID-19. Fatigue is likely to continue for some time after the infection has cleared. It can make you sleep more, feel unsteady on your feet, make standing for long periods difficult, as well as affecting your ability to concentrate and your memory.

Initially you will need to rest, sleep and keep yourself nourished. It is important you move around occasionally and keep activities level low. Give yourself time to recover and don't push yourself.

Next Steps



Try activities

Slowly try a small amount of light activity that is manageable (probably less than you think) with regular rests. Be mindful that you may feel more tired the next day. Be realistic and kind to yourself.



Rest

Your body still needs rest to continue healing, so take short breaks throughout the day, even if you don't think you need to. Stop and do nothing, calm your mind, and try breathing or guided relaxation techniques.



Daily routine

Routine helps your body to stabilise itself. Slowly resume your routine for sleeping, eating and daily activities. If this isn't possible, create a realistic one to follow for now and gradually adjust back to your normal routine.

Remember, **don't rush**.



Thinking' activities

Continue to limit everyday 'thinking' activities, such as home work, reading, social media and making decisions, as these all use energy. Try to do them only for set times with regular rest in between.



Slowly increase activity levels

People often increase activity levels too quickly, which can set them back. Go slow and steady with activities and avoid pushing yourself too much.



School

You may need to be off school. A gradual transition back into school may be needed to build yourself back up. Try to avoid returning to school too soon.



Have fun

Remember the fun things in life. Often people only prioritise things that seem necessary as they return to daily life, but it is important to have a balance. Allow others to help with day-to-day tasks so you can save energy for the activities you enjoy.

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Tips for Teachers

- Reduce schoolwork and information overload when possible – consider a reduced timetable.
- Assist the student with note-taking, if necessary.
- Be patient with the student when symptoms are worse.
- Recommend tutoring if the student has trouble keeping up with assignments.
- Permit extra time on exams and assignments.
- Offer time management tools such as an organizer or planner.
- Provide opportunities for peer interaction, when appropriate.
- Provide appropriate provisions for rest.
- Reduce pressure and stress.
- Be aware of environmental factors that impact on fatigue, such as noise, light, and information overload.
- Assist them to prioritise what is important.

