

PREVENTING SETBACKS

Review the information in Chapter 13 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.)

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, discuss with a partner or friend, ask for help, prioritise my activities.)
