



St Peter's
Hospice



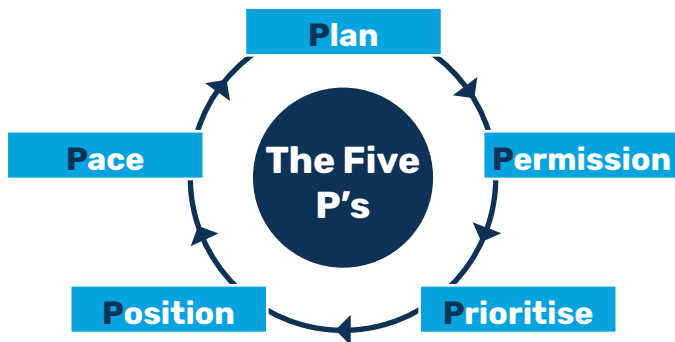
Your Fatigue Diary

Planning your activities
and rest each day

Fatigue and lack of energy can be a really distressing symptom for you to manage. In this booklet you'll find ideas and advice for keeping a diary to record and plan your activities.

It's common for your levels of fatigue or energy to vary. You'll have good days and bad ones. Being able to understand how to manage your everyday activities, and appreciate which ones use up your energy most, can be helpful.

When dealing with fatigue, a helpful rule is to remember the Five Ps: Plan, Prioritise, Pace, Position, and Permission.



Plan: Plan and organise your time using diaries if you wish. Plan the day ahead and include periods of both rest and activity. This can be difficult at first, so please do ask one of the team if you'd like some help.

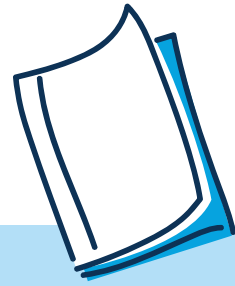
Prioritise: Do things for yourself where you can, but don't feel guilty if you have to ask someone else to help. Ask yourself 'what do I need to spend my energy on today and what can wait for another day?'

Pace yourself: Have frequent rests. You can speak to a member of the team about ways to rest. Do things in your own time and stop when you need to.

Positioning: Getting into a different position can save you energy. For example, sitting down to do your ironing or sort laundry.

Permission: It's ok to do things differently - give yourself permission to do this. It might involve asking for help and taking rests, which may be different from life before.

This activity diary is an easy way to help you manage your fatigue.



How to use your diary:

1

Use the lists on page six to help you categorise your daily activities. Choose a colour or a pattern for each of the boxes. It is best to choose colours or patterns which will contrast well.



2

Now look at the first line of the Activity, Rest and Sleep Diary. It starts at midnight on the first day, and each box represents an hour. Use your colour or pattern to fill in the boxes, showing what you're doing at different times of day. It is OK for this to be approximate.



3



It is up to you to decide which activities are high, medium or low demand, or restful. Think about how much energy (physical, mental, or emotional) each activity might demand from you. Again, it is ok for this to be approximate.





4

If your sleep is broken, make a rough estimate of how long you were awake for. Fill in the diary with the colour for either rest, high, medium, or low demand activity, depending on what you did whilst you were awake.

Activity, Rest and Sleep Diary

	 Midnight to Midday 											
Time	12	1	2	3	4	5	6	7	8	9	10	11
.....day												
.....day												
.....day												
.....day												
.....day												
.....day												
.....day												

	 Midnight to Midday 											
Time	12	1	2	3	4	5	6	7	8	9	10	11
.....day												
.....day												
.....day												
.....day												
.....day												
.....day												
.....day												



Midday to Midnight



12	1	2	3	4	5	6	7	8	9	10	11



Midday to Midnight



12	1	2	3	4	5	6	7	8	9	10	11



Activity, Rest and Sleep Diary Key

Choose a colour for the activity types listed below. Include some examples for each one. Your therapist can help you with this.

Rest Activities



.....

.....

.....

.....

Low Demand Activities



.....

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.....

.....

Medium Demand Activities



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.....

.....

High Demand Activities



.....

.....

.....

.....

Weekly Planner



Things you need to do this week

1.
2.
3.

Things you want to do – include things you enjoy and find relaxing

1.
2.
3.



Things you need to do this week

1.
2.
3.

Things you want to do – include things you enjoy and find relaxing

1.
2.
3.

Ask yourself four things about what you have planned

1. Do I want to do it?
2. Do I need to do it?
3. Is there any easier way to do it?
4. Am I happy for someone else to do it for me?

My Gratitude Diary

There's very good evidence to suggest that being grateful for something each day, even if it's a small thing, improves our wellbeing. Perhaps have a go yourself.

Each day, make a note of something you are grateful for.



Monday:.....

Tuesday:.....

Wednesday:.....

Thursday:.....

Friday:.....

Saturday:

Sunday:



Monday:.....

Tuesday:.....

Wednesday:.....

Thursday:.....

Friday:.....

Saturday:

Sunday: