



Wellbeing  
& Recovery  
College



# Understanding Fatigue/ Fatigue management

## Session 2

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# Group Welcome



- Come with an open mind and an open heart
- Online life reflects real life; be who you want to be
- We can agree to disagree
- Keep a learning focus
- Share to help others learning
- Be Mindful of other students and their experiences
- Confidentiality- what is said online between us stays in the room
- Not a support group or therapy – the focus is on learning together

# Aims and Objectives of The Course

- Discuss what fatigue is
- Identify the different diagnosis that have fatigue as a symptom
- Discuss how fatigue physically and psychologically impacts our lives
- Discuss strategies to help manage fatigue related difficulties that are from lived experience, psychological and practical.

# Aims and Objectives of today's session

- Acceptance
- Revisiting Mindfulness as an aid to fatigue
- Discuss how fatigue physically and psychologically impacts our lives
- Modern Western Society and Fatigue
- Assertiveness techniques
- Problem solving
- Meet Tanya: look at how she uses the techniques in her everyday life

# Recap

- Any thoughts, comments or questions from Day One?

# Acceptance

- Acceptance includes accepting that fatigue is a difficulty in your life and also accepting difficult thoughts and feelings as they show up in each moment
- Not accepting your difficulties can lead to pushing past baselines, not listening to your body, or avoiding doing anything at all in case it exacerbates symptoms
- By acknowledging difficult feelings, you can take steps to manage fatigue and live well alongside having the illness
- Being compassionate towards yourself for the things you are struggling with

# Assertiveness

- Assertiveness is ability to express our own ideas and feelings (positive and negative) in an open, direct and honest manner.
- Standing up for our own rights while respecting those of others.
- The ability to take responsibility for ourselves and our actions, without judging or blaming others.
- The ability to find a compromise where conflict exists (negotiating).
- Not a character trait - it is a skill and it can be learned.



**Aggressive**

**Assertive**

**Passive**

# Assertiveness Techniques

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- |                             |  |
|-----------------------------|--|
| • <b>Set the scene</b>      | To help you feel in control of the situation e.g. choose time and place, clarify what you want to say, decide what you would like from the situation.          |
| • <b>Disclose feelings</b>  | Use “I” statements e.g. I feel angry, I feel happy. Take responsibility for how you feel, avoid blaming yourself or the other person.                          |
| • <b>Be clear</b>           | Assertive communication requires concise, specific speech. Use short, clear statements, avoid unnecessary padding.   |
| • <b>Stay with it</b>       | Stay with your statement. Avoid getting hooked or side-tracked.  |
| • <b>Empathise</b>          | In order to communicate with respect and equality, we need to empathise with the other person. Acknowledge that you have heard what the other person has said. |
| • <b>Work at compromise</b> | This skill enables both parties’ needs to be met i.e. win/win situation.   |
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# Assertive Communication - YouTube



# Break



# The Inner Critic and Assertiveness

Those with a strong inner critic or sense of low self worth can find assertiveness harder than others

Pleasing others may have seemed like the only way to cope throughout life

But this can be exhausting. So lets look at a couple of ways to begin to cope with this

# Inner critic: Two teachers



## Teacher 1

- “The other children are sitting down nicely. Why can’t you?”
- “You need to try harder.”
- “Why aren’t you focusing on your work?”
- “You should be doing better at this by now.”
- “The other kids can do this— what’s wrong with you?”

**Which teacher would you choose?**

## Teacher 2

- “I see that you are struggling with this - let’s work out what help you need”
- “I like what you’ve done here - can you do more of that?”
- “How about we go over this again?”
- “Let’s do a bit more of this together before you go out to play”

**Which one are you?**

# Cultural Pressures in Today's World

- Modern Western Economics:

Our consumer society demands that we keep busy and work hard to pay for things to keep economic growth going

The demands on each individual have multiplied in recent decades and we're only just realising, as a society that those demands are not necessarily healthy.

So many of us compare ourselves to what we think we 'Should' be doing. But: Can we learn to be a little more content with what we have. and what we can do, as a way to not wear ourselves out too much??

# Self Compassion as an Aid to Fatigue Management

- This Approach helps us learn to be genuinely kind to ourselves.
  - Learning to talk to ourselves in a gentler voice than perhaps we have in the past
  - There is a full course on this from the college, but for now here are a few pointers:
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- How to practice Non judgement:
  - Body scan 2
  - Can you begin to notice how feeling in your body change depending on your thoughts?

A wooden oar is partially submerged in a body of water, creating a series of concentric ripples that spread outwards. The water is a deep blue color, and the sky is reflected on its surface. A semi-transparent light blue circle is overlaid on the right side of the image, containing the text.

Mindfulness  
Exercise:  
'Noting'



## Noticing other External Factors

- Do you have any other factors that can affect your physical and emotional energy ??
- Eg Dark Winter Days
- It can be really helpful to notice these things, and either:
- make changes to alleviate them (eg extra vitamin D for dark days)
- OR ***accept*** them and work around them

# Break



# Introducing Tanya:



# Tanya: practising mindfulness and self-compassion

- Tanya is noticing feelings of anxiety in response to her friend's message
- Noticing our feelings is helpful as it allows us to step back, open up to feelings and think about how we wish to respond without acting on autopilot
- By doing a body scan and checking in with how she is feeling, she can notice that she has tightness in her chest and her mind is giving her self-critical thoughts.
- She can question herself: would I speak to a friend the way I'm speaking to myself?

# Tanya: Problem Solving

## **1. Break it down:**

- Driving that distance would be too energy consuming
- The timing of the trip is not convenient
- Putting up a tent would be too energy demanding
- Concern about Emily's expectations and understanding

## **2. Identify components outside of control:**

- Emily's thoughts and feelings – Tanya can try to explain and discuss but ultimately cannot control this

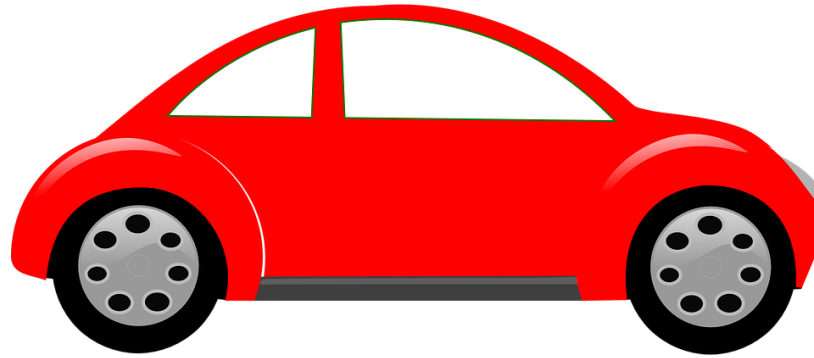
## **3. Separate components left**

## **4. Take one component at a time to work on**

# Tanya: Problem solving

## 1. Driving that distance would be too energy consuming

Ask Emily to  
drive



Get public  
transport

Drive and get  
fatigued

Go somewhere  
nearer

Stay at home

# Tanya: Problem Solving

	Solution	Consequences	Practicality	Possibility of Success
i)				
ii)				
iii)				
iv)				

# Tanya: Problem Solving

	<b>Solution</b>	<b>Consequences</b>	<b>Practicality</b>	<b>Possibility of Success</b>
i)	Stay at home	Miss out on fun	Easy to do	Creates more problems
ii)	Ask Emily to drive with new date for holiday	More energy to do other things	Awkward but possible	Probable success
iii)	Drive myself	Setback in my fatigue and increased frustration	I might not be able to complete the journey	Probable failure and creates more problems
iv)	Public transport	Expensive and not frequent to the destination	Difficult but possible	Possible success but creates more problems

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FEEDBACK

?

A seagull is shown in flight, its wings spread wide, against a backdrop of a bright blue sky filled with soft, white, and light-colored clouds. The bird is positioned on the left side of the frame, facing right. Overlaid on the right side of the image is the text "Time to Say Good Bye". The words "Time to Say" are in a dark blue, cursive-style font, while "Good Bye" is in a red, cursive-style font. A faint, semi-transparent watermark "DesiComments.com" is visible across the middle of the image, behind the text.

Time to Say  
Good Bye