



FATIGUE MANAGEMENT



KILBRYDE HOSPICE

Information for Patients, Families & Carers

What is Fatigue Management?

Fatigue Management is the process of learning to deal with varying levels of fatigue in a way which allows normal daily activities to continue as best as possible.

General Tips:

- Listen to your body – rest when you need to.
- Prioritise what you need to do each day and remember that anything else can wait.
- Try to develop an understanding of your own pattern of fatigue and work with it. For example, perhaps you tend to have a bit more energy between the hours of 11am - 2pm, or maybe you notice you are significantly more fatigued if you eat too much, or perhaps you realise that family members often expect you to do more than you feel you can manage? These are just a few examples of factors worth consideration.
- Try to adopt a healthy balance diet – little and often is more conducive to increased energy levels.
- Ask for help when you really need it.
- Don't give yourself a hard time about being fatigued, especially at times when energy levels seem especially low. Remember that your body is doing its best to try and increase your energy levels again and if your mind is also helping then this can only be a good thing!
- Get some fresh air. Open a window or sit in the garden for a few minutes. If possible get outside into nature, even if it's just for a short while as this may also help increase your vitality.
- Try some regular but very gentle exercise. This is where Chi Gung comes in.

Chi Gung for Fatigue Management

The practice known as Chi Gung originated in China thousands of years ago, and literally translates as 'Energy Work'. While many forms of exercise are not always possible for people with fatigue, Chi Gung is slow and gentle and a few minutes of practice can trigger the relaxation response and lower stress levels. When stress levels reduce then the body is more open to increased vitality.

Illness can be very isolating and Chi Gung helps reduce that sense of separation by inviting us to connect to our breath, feelings and bodily sensations to work alongside them in a gentle and mindful manner.

The Chi Gung for Fatigue Management sessions will involve a basic introduction to some Chi Gung mobility based exercises, combined with breath awareness and plenty of short rest periods. The intention is to gather or create more energy to help alleviate fatigue and promote better function of both body and mind.

It is very important to remember to go at your own pace and never to 'push it' to the point of becoming tired as this would be counterproductive. So if you need to rest or have a drink or even just nip to the loo then please do!

You don't need any special equipment or experience to do this class, but you do have to be gentle and kind to yourself and offer some TLC as well as listening to your own body. Check that you are able to smile! Seriously - if you are unable to manage even a 'Mona Lisa' smile then you are already working too hard. Rest until you feel able again.

About Kilbryde Hospice

Kilbryde Hospice is a voluntary independent hospice which exists to provide specialist palliative care to patients with life limiting progressive illnesses and to their relatives and carers. Services provided by Kilbryde Hospice are available to those people with palliative care needs. The service is provided free and does not discriminate on the basis of race, colour, faith, national origin, disability, sexual orientation, age or financial means.

We would like to hear from you!

We take all compliments, comments and complaints about our service seriously and deal with them in confidence. Kilbryde Hospice welcomes feedback on any of our services which can be submitted by post, or on our website.

www.kilbrydehospice.org.uk or by Email: info@kilbrydehospice.org.uk

Contact Us

Kilbryde Hospice
McGuinness Way
East Kilbride
G75 8GJ

01355 202020

Registered Scottish Charity No. 032424

Registered Company No. SC224366

Should you feel that your complaint has not been resolved by Kilbryde Hospice, you may contact Healthcare Improvement Scotland regarding services delivered within Kilbryde Hospice or within a person's own home.

Healthcare Improvement Scotland, Gyle Square, 1 South Gyle Crescent, Edinburgh EH12 9EB, Telephone 0131 623 4300

www.healthcareimprovementscotland.org

Kilbryde Hospice aims to communicate effectively with all patients and carers. This document is available in braille format for those who are visually impaired. A translated version is also available for those whose first language is not English.

To facilitate this service, please call 01355 202020, or Email your request to info@kilbrydehospice.org.uk