

Fibromyalgia Association of Michigan November 2021
Coping with Fatigue
Famichigan.org

Setting Priorities -

What is most important to you personally? Think in basic terms of family, work, friends, church, hobbies

What activities are relevant to the priorities you've identified?

What must you accomplish?

What can you eliminate?

What can you ask other people to do?

What can be modified or simplified?

What can you say no to? Sometimes this may mean saying no to yourself as well as other people.

Idea: Create a weekly "to do list." Rate each activity - A = must be done, B = not needed right away but would love to get to it soon, c = could wait

Pacing:

Take breaks during or between tasks, before you get too tired. A ratio of 10 minutes of rest to every 50 minutes of activity could be a starting point if you don't know where to begin. When you are having more fibromyalgia symptoms, you may need to rest longer and more frequently.

Alternate light and heavy tasks, doing the toughest jobs when you are feeling your best. Stick to the time you planned to work and then quit - you'll get more done in the long run than if you wear yourself out.

Ideas - Incentivise?

Avoid rushing. You'll be more efficient at a comfortable pace than on a hectic schedule that invites mistakes and accidents. Allow time for the unexpected.

Divide big jobs into little ones.

Avoid activities that tax you beyond endurance.

Resource: <https://butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/>

“Learning to Say No,” Janice Hayes, Arthritis Today May/June 1996

1. Know yourself - Be honest with yourself about your limitations - only then can you effectively explain them to other people. Realise you can't be all things to all people.
2. Explain your answer- when fibro forces you to say no, explain why. This helps to educate family, friends, and co-workers about your illness and helps them understand your limitations. * Not everyone needs an explanation. OK for no to just be no.
3. Speak gently - When you are in pain, “no” does not always come out in the nicest way. Try to get your message across without bitterness
4. Be honest with children - Tell children in simple terms what you can and can't do and why. Then allow them their feelings of disappointment.
5. When you finally learn to say no, it can be liberating. It allows you the energy to thoroughly enjoy each time you are able to say, “yes!”

Arthritis Foundation - Your Guide To Living Well With Fibromyalgia

Exercise resource: <https://www.cancercouncil.com.au/cancer-information/living-well/exercise-cancer/>