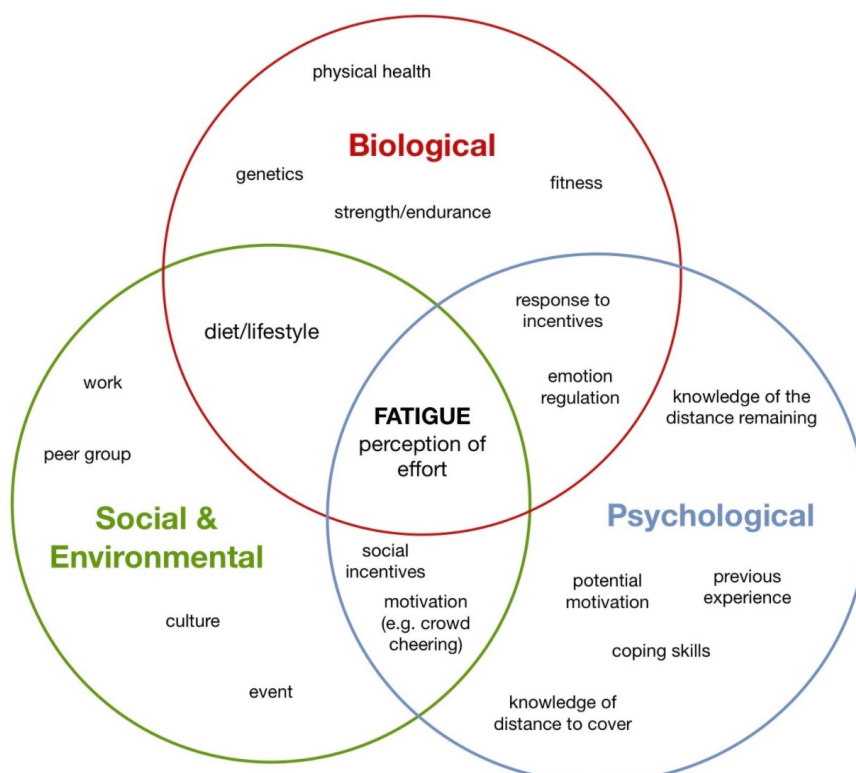


What can we do to prevent or reduce the impacts of fatigue?

Thanks so much for listening! As we discussed during the webinar, there are LOTS of factors which can influence how tired you feel, from the amount and quality of your sleep, to what and when you last ate, or how stressed you feel.

According to the Psychobiological model of fatigue (e.g. Staiano 2018), factors which influence our perception of effort can be physical, social, environmental or psychological. We went through many of these but this handout mentions even more..

Using the checklist overleaf, tick whether each habit is something you already do, or something you could start doing. Choose one or two habits to work on and track over the next two weeks using the Sleep Diary and Habit Tracker on the final page.



1. Biological

Sleep, recovery and physical health

	Do it now	Could try this
Make sleep a priority – 7+ hours in bed each night	<input type="radio"/>	<input type="radio"/>
Wake up at the same time every day (where shifts allow)	<input type="radio"/>	<input type="radio"/>
Enjoy at least 10min daylight or bright light soon after waking up	<input type="radio"/>	<input type="radio"/>
Move your body for at least 30 minutes every day	<input type="radio"/>	<input type="radio"/>
Engage in strength training at least twice a week	<input type="radio"/>	<input type="radio"/>
Eat natural unprocessed foods, high in protein	<input type="radio"/>	<input type="radio"/>
Avoid energy sapping junk food and high sugar foods	<input type="radio"/>	<input type="radio"/>
Finish eating your last meal at least 2 hours before bedtime	<input type="radio"/>	<input type="radio"/>
Stay alcohol-free for 2 hours before bed (1-2 drinks total)	<input type="radio"/>	<input type="radio"/>
Live smoke free	<input type="radio"/>	<input type="radio"/>
Adopt a regular wind down routine 30 min before bed	<input type="radio"/>	<input type="radio"/>

2. Social & environmental

Recovery and environment

	Do it now	Could try this
Get out into nature for 2 hours per week	<input type="radio"/>	<input type="radio"/>
Visit a new place at least once a month	<input type="radio"/>	<input type="radio"/>
Invest in the right clothing so that going outside is always fun	<input type="radio"/>	<input type="radio"/>
Boundaries: don't check work emails when you don't have to	<input type="radio"/>	<input type="radio"/>
Take the holiday you're entitled to, and when you do, switch off	<input type="radio"/>	<input type="radio"/>
If fatigued at work, consider a power nap if safe & permitted	<input type="radio"/>	<input type="radio"/>
If fatigued at work, be open with colleagues – are you fit to xxx?	<input type="radio"/>	<input type="radio"/>

	Do it now	Could try this
Work in a light, bright environment when possible	<input type="radio"/>	<input type="radio"/>
Take breaks at least every 90 minutes, when possible	<input type="radio"/>	<input type="radio"/>
Use night settings on tech or use blue light glasses after dark	<input type="radio"/>	<input type="radio"/>
Keep your bedroom cool and dark e.g. with blackout blinds	<input type="radio"/>	<input type="radio"/>
Keep an eye mask and ear plugs by your bed.. use if necessary	<input type="radio"/>	<input type="radio"/>

3. Psychological

Energy and emotional wellbeing

	Do it now	Could try this
Celebrate successes – mark progress towards goals	<input type="radio"/>	<input type="radio"/>
Don't waste effort feeling guilty about having time off	<input type="radio"/>	<input type="radio"/>
Can you.. focus on an aspect of work you chose? Autonomy	<input type="radio"/>	<input type="radio"/>
... focus on an aspect of work you're good at? Competence	<input type="radio"/>	<input type="radio"/>
.. focus on supporting others, building relationships? Relatedness	<input type="radio"/>	<input type="radio"/>
Do you celebrate failure as an opportunity to learn?	<input type="radio"/>	<input type="radio"/>
Do you find opportunities for flow, a match of challenge & skill?	<input type="radio"/>	<input type="radio"/>
Do you practice controlled breathing or mindfulness to relax?	<input type="radio"/>	<input type="radio"/>
If you feel overwhelmed, do you tell someone about it?	<input type="radio"/>	<input type="radio"/>
Do you reflect and think about how you have coped in the past?	<input type="radio"/>	<input type="radio"/>
Do you write a regular journal and/or daily to do list?	<input type="radio"/>	<input type="radio"/>
Do you write down 3 things you are grateful for each day?	<input type="radio"/>	<input type="radio"/>

Does fatigue affect you?

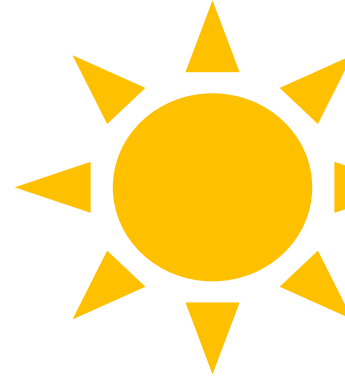
This questionnaire, the Chalder Fatigue Scale, gives an indication of fatigue severity at the moment. For each statement note whether this affects you more than usual or not.

	More than usual	No more than usual
1. Do you have problems with tiredness?	<input checked="" type="radio"/>	<input type="radio"/>
2. Do you need to rest more?	<input checked="" type="radio"/>	<input type="radio"/>
3. Do you feel sleepy or drowsy?	<input checked="" type="radio"/>	<input type="radio"/>
4. Do you have problems starting things?	<input checked="" type="radio"/>	<input type="radio"/>
5. Do you lack energy?	<input checked="" type="radio"/>	<input type="radio"/>
6. Do you have less strength in your muscles?	<input checked="" type="radio"/>	<input type="radio"/>
7. Do you feel weak?	<input checked="" type="radio"/>	<input type="radio"/>
8. Do you have difficulties concentrating?	<input checked="" type="radio"/>	<input type="radio"/>
9. Do you make slips of the tongue when speaking?	<input checked="" type="radio"/>	<input type="radio"/>
10. Do you find it more difficult to find the right word?	<input checked="" type="radio"/>	<input type="radio"/>
11. Do you have problems with your memory?	<input checked="" type="radio"/>	<input type="radio"/>

TOTAL? _____

The first 7 items assess physical fatigue, and items 8-11 focus on mental fatigue. In a general population sample, almost 1 in 5 adults scored **4 or more** indicating significant fatigue (Pawlikowska et al 1994).

ENERGY BOOSTERS



12 Days of Fatigue Busting

1



Step outside for 10 min with a morning brew

2



Try a mindfulness app e.g. Calm, Headspace

3



Clean your windows. Seriously – more sunlight!

4



Try a cold shower for 10 secs more than your last

5



Give a household member a hug for 20 secs (oxytocin!)

6



Write down 3 things you're grateful for & why

7



Go for a walk in nature and take a nice photo

8



Set the night mode on your phone an hour before bed

9



Cook something new containing 3+ vegetables

10



Get at least 2 hours of sunlight per day

11



Challenge a friend to sign up to an online class

12



Wrap up warm at night and go and find some stars

Sleep diary & habit tracker

Print this and stick on your fridge for a daily nudge. Write in your planned **wake up & bed times** this week. Choose 3 positive sleep habits to track. At breakfast, look back at what happened the day before, and celebrate any successes.

Start date: _____	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleep Plan	<i>Example</i>						
When will you get out of bed ? (Tick if you stick to this!)	06:30 ✓						
What time do you plan to be in bed , ready for sleep?	22:30 ✓						
1. e.g. go outside for 20min*	✓						
2. e.g. stop eating 2hr before bed	✓						
3. e.g. keep phone out of bedroom	✓						
Habits: 3 goals							
How many hours were you in bed in total?	8 hours						
How long did it take you to fall asleep?	0.5 hours						
How many times did you wake up?	2 (1 hour)						
How many hours were you asleep in total?	6 hours						
Sleep Efficiency? [*] = hrs asleep / hrs in bed * 100	75%						
Your sleep last yesterday =:							
Sleep quality? 5=very good, 1= poor Did anything interfere with sleep?	5 too hot						

⁰¹ An average sleep efficiency of >80% across the week is a healthy target

