

Managing symptoms of neurological fatigue

Difficulties to manage:

- Reduced attention and concentration
- Slower information processing.
- Difficulties filtering out noises and distractions – it is hard to concentrate or listen when there are other noises or conversations nearby.
- Mood swings – it can be easy to get tearful or irritable quickly when experiencing neurological fatigue

Strategies to manage:

Keep a regular daily routine with consistent times for waking eating meals, napping and going to bed. Keeping a consistent daily routine helps to improve sleep quality and reduce the cognitive demand of general daily tasks, therefore reducing levels of fatigue.

Plan your days and weeks so that you do not take on too much on each day but also do not have too many empty days. It is easy to get carried away when you feel good and do too much. This causes increased fatigue which can impact on functioning and mood for many days afterwards. On the other hand, not having anything planned can also lead to low mood and anxiety.

Get your environment to do the work for you. Keep important things in a specific place so you know where to find them. Place items in the same place each time; keep everything where it 'should' be. Use a notebook that is kept in the same place for to-do-lists and reminders.

When having to remember something try to reduce the number of distractions. Background noise can make it difficult for you to concentrate and therefore difficult to remember information.

Provide yourself with regular breaks when attempting tasks. By taking regular breaks it will help to give you time (to problem solve, remember the information you were learning) and avoids unnecessary fatigue. Try to focus on one task at a time.

In order to promote relaxation and rest breaks it might be beneficial to use guided meditation such as mindfulness or guided imagery. The Headspace app is a useful resource to access relaxation material.

Give yourself extra time to complete tasks and process information. If you feel rushed it will be harder to process the information. If you give yourself more time you are more likely to be able to effectively process information and complete tasks.