

Information on tiredness and activity level



Any health problem can make you feel tired. This is a common problem after an injury or illness involving the brain. One reason is that your muscles have not been working as hard as usual and need to get used to moving again. As well as this, the brain controls your energy level. This means that an injury to the brain can make you feel tired.

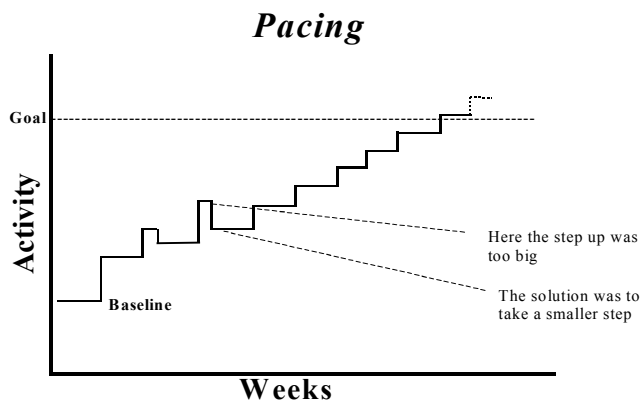
What You Can Do

Here are some ideas to help you build up your activity levels. After a while it should help you be able to do more of the things you want to do. Nursing and therapy staff can help you work out how much to do in your day. When you leave hospital, it is important to avoid doing too much one day and finding yourself tired out as a result. The best way is to build things up step-by-step, just like in the picture – “Pacing”.

So, the things to remember are:

- 1. Start with something you can do easily.**
- 2. Try doing it every day.**
- 3. Increase slowly (pace yourself).**

A plan is helpful for all sorts of activities including more 'thinking' tasks like reading, computer games, crossword puzzles, etc. It is worth sitting with someone for a few minutes in the evening to write (or review) your plan for the next day. Writing down your plan can help you remember it and notice the improvements you make.



Fitness up. Success up. Confidence up. Fun up. Misery down. Stress down.

What Other People Can Do

Helping someone plan their activities (both physical and mental) is important. It can help them build up their activity level slowly and stop them getting over tired. By doing this, they are more likely to succeed in what they are trying to do.

Where to go for more information

In hospital, ask a nurse, occupational therapist, physiotherapist or psychologist to help you work out how much you can do. They can also help you and your relatives decide how much you can do on weekend pass or when you leave hospital.

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