

South East Essex ME Support Group

Hints and tips on balancing and managing activities and life (Taken from various sources)

Each Day: Think of what you must do
Think of what you should do
Think of what you could do
Then do 70% of it!

If you are in any form of setback do only 50%

- Accept that there will always be more things to do than time to do them. Slow down mentally and move 30% slower – you will get more done.
- Learn to say “no” – put yourself first, you are the one that is unwell. Do not try to justify ME to those who do not believe in the condition, it wastes valuable energy.
- Have planned rests throughout the day, before you become too tired. Rest before going out, or doing a tiring thing, and rest afterwards.
- Have a regular routine and relaxation times. Keep your thoughts as positive and realistic as possible.
- Look forward rather than back, as being in the past can be very energy draining. Be in the present – think “what really matters at this moment”.
- Focus on what you can do to get better, not on what caused the illness. Don't chase symptoms – if you continually check and worry you will stress yourself out and produce more adrenaline.
- There is no overnight cure, any treatment plan will take time – give yourself at least 6 – 12 months before taking up anything new.
- 50% of activity time should be for relaxing and happy things.
- Try and stop being a perfectionist, relax.
- Focus attention on breathing properly – from the stomach.