



Reflective workbook



How to use this reflective workbook

This workbook is designed to help you better understand the fatigue you experience as a result of your brain injury and identify practical ways you can reduce its impact.

It would be helpful to have people around you when you are filling out this workbook so that they can become more aware of the impact fatigue has on you and support you with the strategies to help overcome it.

For more information and support, you can download the booklet [*Managing fatigue after brain injury*](#) from the Headway website, or contact the charity's nurse-led helpline on 0808 800 2244 or helpline@headway.org.uk.



What is fatigue?

1. Which of the three types of fatigue discussed in the workshop do you have issues with?

You can experience physical, psychological and cognitive fatigue and these will interact and overlap each other.

2. How does the fatigue affect you?

Does it stop you doing things? Does it affect your mood? Do you want to sleep? Does it affect your relationships?



Triggers

3. Are there any activities that make you fatigued?

Many people find busy environments particularly draining, others find physical activities exhausting.

4. How could you avoid these situations?

Can you avoid the draining activities? Could they be done differently to make them less draining?



Regular activities

5. What activities do you need to complete on a weekly basis?

Include all the weekly tasks that you have to complete. Don't include activities that others already do for you just those you do personally.

5. List these activities in order of importance.

Which activities are essential? Don't ignore the importance of any socialising as this is vital for wellbeing and your wellbeing can have an impact on your fatigue.



Positive impacts on fatigue

6. What do you do that gives you more energy?

Does sleep/rest help? Have you noticed any foods that make you more energetic?

7. Are there times of the day that you feel you have more energy?

Some people are 'larks' and have more energy first thing, other people are 'owls' and have more energy later in the day.



Action plan

This section is for you to make an action plan of how to tackle your fatigue.

Summarise your answers from the previous sections with practical plans of how to fit them into your daily life.

Triggers	Strategies

Regular activities

When will you prioritise the activities in your day? You could do this the night before or on a weekly basis for daily routines (i.e. getting washed/dressed etc.).



Daily planner

Time	Activity
7am	
8am	
9am	
10am	
11am	
12am	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	