

## Stroke self-management video series

### **Fatigue & Energy Conservation after Stroke**

*Once you have watched the video on Fatigue and Energy Conservation after Stroke, please check out these useful websites and resource documents.*

#### Client & Caregiver Resources

- ▶ Fatigue After Stroke  
<https://www.stroke.org.uk/resources/fatigue-after-stroke>
  
- ▶ Tiredness & Fatigue  
<http://www.stroke.org.uk/about/fatigue>
  
- ▶ Let's Talk About Feeling Tired After Stroke  
[https://www.strokeassociation.org/-/media/stroke-files/stroke-resource-center/recovery/patient-focused/spost\\_feelingtired\\_2015.pdf?la=en&hash=80418AF3E2275E109177C932EAE7CCD82F42FA05](https://www.strokeassociation.org/-/media/stroke-files/stroke-resource-center/recovery/patient-focused/spost_feelingtired_2015.pdf?la=en&hash=80418AF3E2275E109177C932EAE7CCD82F42FA05)
  
- ▶ Stroke Engine  
<https://www.strokengine.ca/en>
  
- ▶ Taking Charge of Your Stroke Recovery: A survivor's guide to the Canadian Stroke Best Practice Recommendations

[https://www.strokebestpractices.ca/-/media/1-stroke-best-practices/rehabilitation/hsf\\_sbp\\_patientsguide\\_f14\\_en\\_july\\_2014-final.ashx?la=en&hash=DDF6FDD4DB3591241986BDB959238EB802B3823B](https://www.strokebestpractices.ca/-/media/1-stroke-best-practices/rehabilitation/hsf_sbp_patientsguide_f14_en_july_2014-final.ashx?la=en&hash=DDF6FDD4DB3591241986BDB959238EB802B3823B)

► Activity Journal

[http://www.cdc.gov/healthyweight/pdf/physical\\_activity\\_diary\\_cdc.pdf](http://www.cdc.gov/healthyweight/pdf/physical_activity_diary_cdc.pdf)

## **Planning Your Day: A Tool for Fatigue Management & Energy Conservation**

Go through the 3 steps below when you plan your day. It is helpful to use a planner, agenda or day timer to keep organized (See Appendix A for an example). Ask yourself the following questions to make sure you have enough energy to do what you need to do in a day. Remember everyone is different and will recover in their own time.

### **Step 1**

What are all the activities and/or tasks that you want to do? Create a Master To-Do list. Write everything down (including your morning shower).

### **Step 2**

Apply the 3 Ps

#### **1. Prioritize**

Is the activity:

- A need (shopping for groceries) vs. a want (planting a flower garden)
- Urgent (must be done today)
- Important (must be done in the next few days)
- For later (must be done this week or month)
- Something that can wait (don't need to/or can't do)
- Something that someone else can do for you

## **2. Planning**

When will I do the activity?

Think about:

- When do I feel my best (morning, afternoons, or evenings)?
- What else do I need to do today (laundry, shopping, meal planning, etc.)?
- Can I spread out tasks over the day or week?
- Have I planned for rest breaks?

## **3. Pacing**

How will I do the activity?

Think about:

- Can I do the activity over a few days?
- Can I break down the activity into simple steps?
- Can I give myself more time to do my usual tasks?
- Can I mix physical and cognitive tasks throughout the day?
- How does my body feel? (If my symptoms, like headache and dizziness, get worse then I should stop and rest)

## **4. Environment**

Where will I do the activity?

What position will my body be in while I do the activity?

Think about:

- Is the environment going to make me use more energy (e.g.s, distractions, stairs, poor lighting)?
- Is my body position going to make me use more energy (e.g.s, standing, bent back or neck, moving)

### Step 3

Evaluate your plan and the activity

- Did you perform the activity to your satisfaction?
- How does your body feel after doing the activity?
- Do you need to make any changes for next time?

### Use an Activity Journal to help you plan!

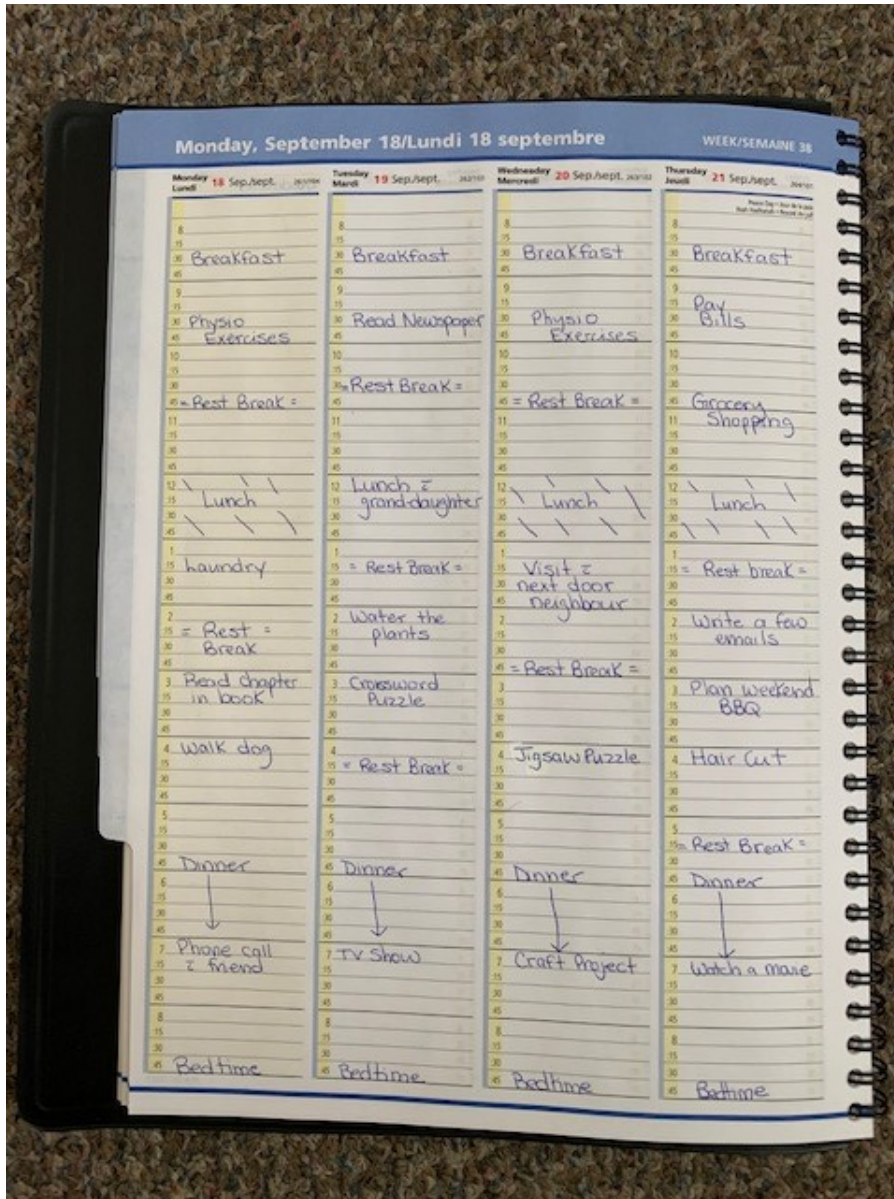
#### Activity Journal

Planning your day can help you avoid trying to do too much too soon. Planning can help you balance activity with rest. You can also track your symptoms and discover the activities that make you feel the best.

Time	What I'm going to do	What I really did	How did I feel after completing task?
Wake up to 8 am			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
8 to 9 am			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
9 to 10 am			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:

10 to 11am			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
11 to 12 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
12 to 1 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
1 to 2 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
2 to 3 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
3 to 4 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
4 to 5 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
5 to 6 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
6 to 7 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
7 to 8 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
8 to 9 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
9 pm to bedtime			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:

Appendix A: Sample Day timer Page



The Stroke Self-Management video series was produced as a collaboration among the following partners:



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