

Set targets and make plans



If you set a specific target, you are more likely to do the activity than if you have a vague intention.

examples

“I’m going to do two exercise sessions per week.”

“I’m going to walk for 30 minutes every day”



Making a plan helps you think about the steps you need to take to reach your target.

1. schedule in diary
2. set a reminder on my phone
3. get my sneakers out the night before

Support helps

People find support helpful when trying to work towards goals. There are lots of ways people can support you. They can:

- exercise with you
- give you encouragement
- listen to you



Other ways to manage fatigue

- Improve your sleep habits
- Structure your day
 - Balance high and low energy demanding activities
 - Schedule a rest
- Healthy diet
- Check with your GP to exclude other causes of fatigue.



sleep



diet

Guillain-Barré Syndrome

How you can manage fatigue



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gbsnz.org.nz

It helps to understand fatigue

Fatigue is a generalised feeling of having reduced energy. It is very common after Guillain-Barré Syndrome (GBS) and it is not related to the amount of functional recovery that you make. Fatigue can be so severe it interferes with doing the activities you're used to doing.



Fatigue is normal but it may be related to GBS when:

- it is out of proportion to activity
- it doesn't resolve with rest
- it is present after sleep

Other people with GBS have found it helpful to learn about the general features of fatigue and options for managing fatigue. Sometimes trying out strategies is the best way to find what works best for you. Fatigue is common to a lot of conditions and so there are a lot of resources available, which are also useful for people with GBS like:



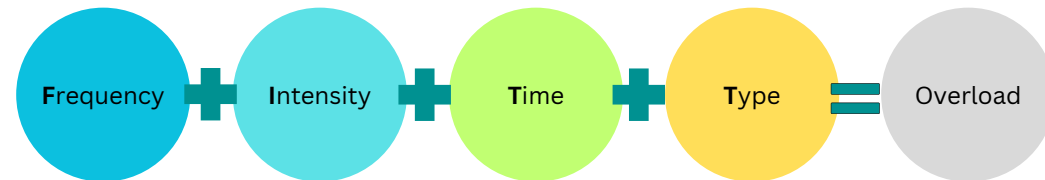
Activity helps reduce fatigue in GBS

Choose an activity that you like and that you can keep going with.



- start small
- progress gradually
- monitor fatigue

Use **FITT** principles to plan and progress your activity



Choose an activity you like and plan using **FITT** principles.

EXAMPLE:

- F** Once/week
- I** Light intensity
- T** 10 minutes
- T** Walking



Progress **one** thing at a time using **FITT** principles.