

## SOCIALISING: TIPS FOR MANAGING

Humans are social beings – the alternative is isolation  
The key is management – not always possible!

<b>Telephone calls</b>	Set a time limit. Use timer? Use caller ID, answerphone. No calls before / after a certain time. Use email and texting to maintain contact (more energy-friendly).
<b>Visits from friends</b>	Set a time limit, May be different for certain people.
<b>Visits to friends</b>	More Control – you can leave when ready.
<b>Family Events at home</b>	Delegate cooking eg Pot Luck?
<b>Other Family events</b>	When you have decided on your level of participation, tell others so they know what to expect of you. Eg wedding – attend the wedding ceremony but not the reception.
<b>Functions in general</b>	Take extra rest before and after. If possible find a place to rest during the event.
<b>Out of Town events</b>	If finances allow, stay in a hotel/motel instead of with relatives. This gives more privacy, and is easier to take control over activity levels.
<b>Holidays</b>	Choose activities that suit your energy levels, rather than trying to keep up with everyone else.

Once you know your limits, the next challenge is to adapt to them so that ultimately, your functional capacity will expand. This is a gradual process and will take time and patience.