

STAGES OF CONDITION

STAGE	SYMPTOMS	SUPPORTING SELF
Crash Stage	<p>Bedridden, housebound</p> <p>Symptoms range from debilitating exhaustion to a systemic crash in the physical body</p>	<p>Bedrest and quality rest</p> <p>Physical support</p> <p>Healing environment</p> <p>Calming activities that require no energy output</p> <p>Deep breathing</p> <p>Hydration</p>
Tired and Wired Stage Early Phase	<p>Exhaustion (wired)</p> <p>Pain (muscle)</p> <p>Poor sleep</p> <p>Cognitive dysfunction</p> <p>Flu-like symptoms</p> <p>Orthostatic intolerance (light-headedness)</p> <p>Poor digestion</p> <p>Post-exertional malaise</p> <p>Reactions to food/supplements</p> <p>Anxiety/panic attacks</p> <p>Sore throat/swollen glands</p>	<p>Diagnosis/Acceptance</p> <p>Education</p> <p>Treatment of underlying physical issues (systems)</p> <p>Developing awareness around energy-depleting physical and mental patterns</p> <p>Learning to listen to the body</p> <p>Gentle movements/stretch appropriate to your capabilities</p> <p>Healthy maintenance practices</p> <p>Building more energy than you are using each day</p> <p>Being as opposed to Doing</p> <p>Pacing (beginning stages)</p> <p>Healing and supportive environment</p> <p>Reducing the stress response</p>
Tired and Wired Stage Latter Phase	<p>Overall improvement in symptoms</p> <p>Some days feel semi-normal again</p> <p>Acceptance realised</p> <p>Easy to crash again</p> <p>Can get stuck in the 'I am sick forever' belief</p>	<p>Refining the art of pacing</p> <p>Bouncing the boundaries gently</p> <p>Gentle walking, swimming, stretching</p> <p>Continued healthy maintenance practices</p> <p>Continuing to support weaker physical systems</p> <p>Deepening awareness around energy-depleting patterns</p>

		<p>Calming nervous system</p> <p>Building more energy than you are using per day</p>
Reintegration Stage	<p>Stable baseline</p> <p>More energy, less symptoms</p> <p>Learned to interact skilfully with the condition</p> <p>Positive expectation of moving towards greater levels of health and wellness</p> <p>Starting to move back into the world</p> <p>Continuing to gently increase activities</p>	<p>Awareness of environmental tiredness</p> <p>Continue with the application of the Tired and Wired Latter Stage protocols</p> <p>Using tools and techniques learnt in earlier stages to help reintegrate successfully</p> <p>Continue to deepen understanding of energy – depleting patterns, people, environments in your life and making shifts and changes in your life where necessary</p> <p>Establishing healthy boundaries</p>
Total Reintegration	<p>We arrive at a whole new complete life, of which illness is only one part, even if it is an important part.</p>	<p>Continued self-care</p> <p>Daily Healthy Maintenance Practices</p> <p>Continued awareness around health promoting behaviour</p>

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