

STRATEGIES FOR STRESS MANAGEMENT AND CFS STAGES

Early 'Tired and Wired' Stage

- Guided meditation
- Visualizations
- Lie in the sun on the earth
- Humorous affirmations/affirmations
- Watch beautiful things in the sunlight
- Gentle stretching of the limbs and joints
- Listen to information on acceptance/surrender/mindfulness practices.
- Practice how to watch your mind rather than become fused with it
- Listen to educational information on how to recover from ME/CFS
- Maintain a solid regular breathing practice
- Journal to process emotions and stay connected with your purpose at the time

Latter 'Tired and Wired' Stage

- Continued incorporation of relaxation techniques into daily life
- Learn as much as possible about how to calm the nervous system
- Gentle formal stretching routine – Tai Chi/Yoga/Chi Gong/gentle walking
- Underpinned by regular healthy breathing practice

Re-integration

- Continuation of relaxation as many times a day as needed
 - (Focusing on deep breathing being the most important)
- Awareness of energy-depleting patterns
- Life skill courses that included how to set healthy boundaries
- Surround yourself with positive people on the same journey in order to do this affectively
- Focus on what you are inspired to do and lean into what feels right for you
- Move towards the things that gave me joy and steered me towards a more soulful life
- Underpinned by regular healthy breathing practices (at this stage via Tai Chi)