

Revive & Rise

REFERENCE GUIDE

Don't fall into the trap of using up your burst of energy. Consistency and pacing is key. Plan each day in a deliberately paced way. Never use all your energy, leave some to spare. Be prepared.

Pace & Plan

Get the correct advice for you from the right experienced and specialised practitioners. This should cover diet/food, supplements and treatments. This is the foundation of healing.

Health Advice

Sleep Ritual

Sleep often alludes those with Chronic Fatigue but is so important for recovery, healing and mental capacity. Rituals can support your ability to get to sleep and have a restful sleep.

Manage Matters

Befriend Body

Listen to body

Your body knows best. This is time to trust your intuition. Listen to your body every day and adapt food, movement, behaviours and schedule. Not doing this can cost you!

Master Your Mind

Keep track of the things that trigger you so you can avoid them. Triggers can change over time. Stress, relationships, weather, situations, fumes, allergens etc. can all trigger you.

Triggers

Mindfully De-stress

Chronic fatigue messes with many things including nervous system and cognitive function. Actively destress daily with mindful practices that feel right for you.

