



Fatigue & Relaxation- Questions

- 1.) What signs or symptoms do you have when you are feeling more fatigued? And, do you keep track for better management and your records?
- 2.) What are the ways you reset or unwind throughout the day or on a day that is a higher pain day?
- 3.) If you have a hard time getting comfortable, what ways have you found so you can get the proper rest?
- 4.) Are there self-cares, meditations, calming music, or certain tv shows that you only keep for days that you need to soothe yourself?
- 5.) There are many different reasons why someone with chronic pain and illness would experience fatigue. Do you take time to investigate your fatigue? (ex: medication, higher pain levels, new symptom, change in weather, stressors, etc)
- 6.) What is something new that you recently tried and you were surprised by how much it helped you feel calm or more at ease?
- 7.) Have you noticed that nutrition/hydration plays a role in the level of fatigue you may experience? Please share.
- 8.) Do you ever take a break from social media, unplug from all devices or other forms of technology to lower stimulation levels?
- 9.) In what ways have you used pacing to accomplish daily tasks, while facing fatigue from chronic pain and illness? (ex: setting alarms, timers, making notes, having a gentle list, not having a list, etc)
- 10.) What apps, streaming services or websites do you find yourself using for the top relaxation videos, sounds, meditations, etc?
- 11.) Do you have a regular sleep schedule? How important is resting and allowing yourself to rest when you feel more fatigued than usual?



12.) What routines have you established that relax and nurture your body? (ex: hot bath with candles and a book, facial routine, a gratitude practice, sitting in the sun watching nature, etc)

13.) What have you found most helpful when the emotional and physical fatigue both stay longer?

14.) Are there certain distractions that help more than others when you have no more energy? What ones have you found most helpful? Please share.

15.) How do you communicate with others about the fatigue most commonly associated with living with chronic pain? (when even your hair hurts) Are you able to ask and accept help?

16.) Name your top five favorite **indoor** and **outdoor** relaxation ideas.

Bonus:

17.) Does spending time with others, whether in person or not, help distract you from the mental and physical effects of fatigue?

18.) What outside services have you found that have helped you with relaxation? (ex: PT-biofeedback, massage, acupuncture, yoga/meditation retreats, aquatic therapy, etc)

19.) Have you tried any form of gentle movement to help ease fatigue and has it helped?

20.) Where does your motivation come from when fatigue is at its highest? (ex: loss of progress, morning coffee, a strong ancestor, a meaningful poem, a role model, walking the dog, etc)