



Welcome:
Managing Fatigue Post Lockdown

Your Presenter is: Andrea Salmon
Your Facilitator is: Nicola Graham

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Acknowledgement of country



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Introductions

TODAY'S PRESENTER AND FACILITATOR



Andrea Salmon



Nicola Graham

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Outline



- The layers of fatigue post lockdown
- Knowing our limits
- Making some changes
- General Strategies
- Fatigue management hacks:
 - Outings
 - Social Engagements
 - Shopping

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Layers Post Lockdown



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Components of Activities



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Unhelpful thinking

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Be Prepared

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Ask yourself:

- What / who do you find most draining?
- What / who do you find energizing?
- Does it work better for you to go out or have people come to you?
- What are your limits?

- What have you enjoyed about being quieter?
- What do you retain?
- What have you missed most?



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Take Back Control



December 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	Drinks after work 3	Picnic Dinner Out 4
Brunch Playdate for Billy 5	6	7	8	9	10	11
Christmas with Cousins 12	13	Kinder Grad 14	15	School carols 16	Drinks after work 17	Host family Dinner 18
19	20	Partners Work Do 21	22	Work Break Up 23	Family Dinner & cards Service 24	Lunch with X Dinner with Y 25
Family gathering 26	27	28	29	30	31	SATURDAYGIFT

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Making Some Changes



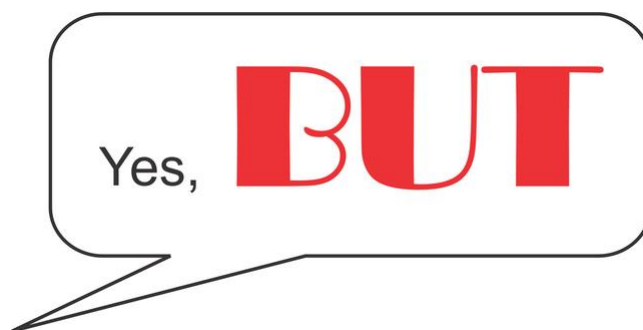
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General Strategies



- Planning, pacing and prioritisation ✓
- Rest breaks
- Exercise, Diet and Sleep
- Energy conservation & work simplification
- Communication



Outings



- Consider shortening the outings
- Schedule a rest break(s)
- Tune into your body
- Cooling vests and neckties
- Ready made picnics/food
- Quieter locations
- Uber or ride share

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Social Engagements



- Host or Go Out?
- Meet in Public – win win
- Arrive late or leave early
- Choose a date that isn't before a 'full' day so you can pace and rest
- Create a 'buffer' period before and after a social engagement so you can charge and recharge

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Pros and Cons



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Take Back Control



December 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	Drinks after-work	Picnic Dinner Out
Playdate for Billy						Brunch
5	6	7	8	9	10	11
Christmas with Cousins		Kinder Grad		School carols	Drinks after-work	Host family Dinner
12	13	14	15	16	17	18
		Partners Work-Do		Work Break-Up	Family Dinner & carols Service	Lunch-with-X Dinner with Y
19	20	21	22	23	24	25
Family gathering						
27	28	29	30	31	SATURDAY	

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Take Back Control



December 2021

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Playdate for Billy						Brunch
5	6	7	8	9	10	
12	13	Kinder Grad	15	School carols	17	Host family Dinner
19	20	21	22	23	Family Dinner	Dinner with Y
Family gathering ???						
SATURDAYGIFT.COM	28	29	30	31	SATURDAYGIFT	

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New Traditions



- Weekly Christmas Movies (the cheesier the better)
- Supporting a local trader (buy prepared food)

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Communication

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https://en.wikipedia.org/wiki/Spoon_theory

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Ditch, Delegate and Delay

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Ditch	Delegate	Delay
Christmas Cards	Present Shopping	Some gatherings to new year
Making a Christmas cake	Shop Online	Don't go on holidays on Boxing day
Going to the Shops	Baking	
Making Salads	Kris Kringle Gifts	
Driving in December		

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Your Ideas



Ditch	Delegate	Delay

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Questions



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Services

SUPPORTING AUSTRALIANS TO LIVE WELL WITH MULTIPLE SCLEROSIS



We are here so nobody faces MS alone

Multiple Sclerosis Limited (MS) provides a range of services to support people with multiple sclerosis to live the best lives they can. We service people in ACT, NSW, TAS and VIC.

- Allied Health (NDIS, My Aged Care)
- NDIS Plan and Support Coordination
- Free MS Helpline Service (Specialist Advice and Information)
- Employment Support
- Residential Care
- Wellbeing and Peer Support
- Education for Community and Health Professionals
- Respite and Carer Support

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Resources

FREE TO ACCESS



- MS Podcast Series
- Intouch E-Newsletter
- Webinar library
- Interactive and personalised online tools
- Online 'live' events such as Facebook Live

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Contact us for more

WE ARE HERE SO NO-ONE HAS TO FACE MS ALONE



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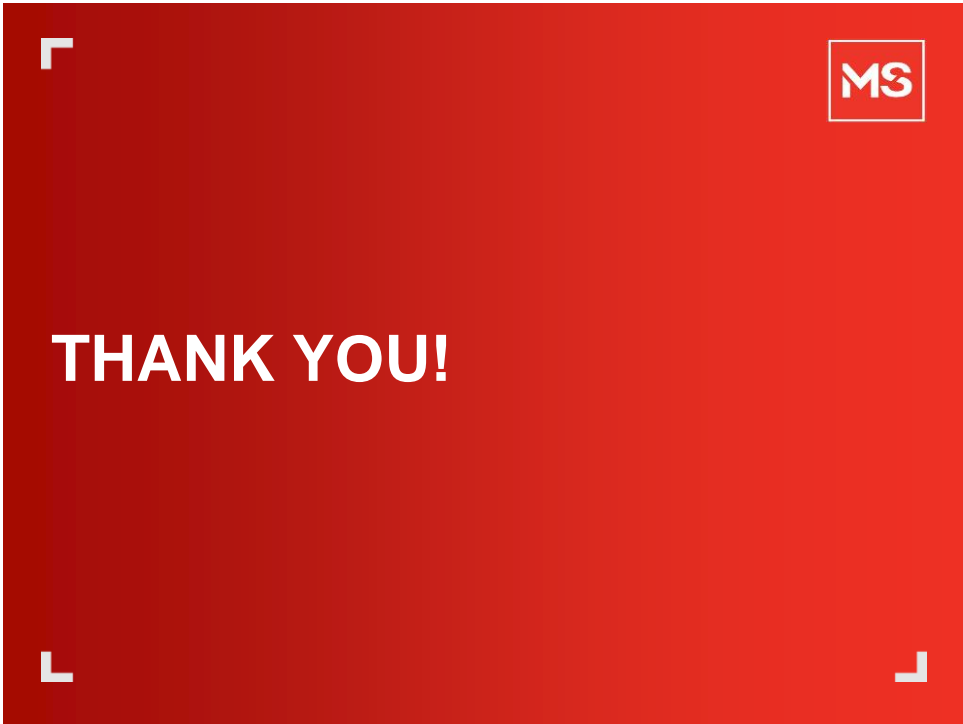
Monday – Friday, 8am – 6pm



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