

The physical signs of stress show us that stress causes the body to work hard and is likely to make physical symptoms like fatigue much worse. The physical symptoms of anxiety and stress include restricted breathing, increased blood pressure, sweating, flushed face, muscle tension and aches, nausea, dry mouth, knots or pain in the stomach, 'butterflies' in the stomach, urgency in going to the toilet and dizziness and light-headedness.

Notice how much your thinking is stuck in an unhelpful pattern, perhaps influencing your activity cycle (Keeping a diary of your thoughts helps with this. Thoughts such as 'I should finish this task' and 'I ought to be able to do this' are problematic for doing things at a helpful and steady pace.) 'Free' your stuck thinking. Here are some helpful questions to ask yourself once you have identified a thought that is unhelpful: Am I being fair to myself? How would I advise my best friend who is stuck in the same situation? Is this true?

Tips for handling stress:

Break tasks into small parts/set goals/problem-solve/take action (worrying is tiring!)

Pamper and treat yourself

Give yourself credit for what you HAVE done, reduce the amount of time you focus on what has not been accomplished

Healthy eating

Break tasks into small parts/set goals/problem-solve/take action (worrying is tiring!)

Relaxing more

Learning to draw boundaries and say no to those around you when possible (without the guilt!)

Gentle and appropriate exercise (many people who have been too tired to exercise for a long period of time begin with gentle stretching)

Notice and get control over your breathing, taking slow deep breaths

Take time out

Tips on getting better sleep

Gradually reduce and eliminate daytime sleeping

Try not to exercise near bedtime

Avoid eating a lot near bedtime

Tea or coffee less than 4-6 hours before bedtime is likely to effect your sleep

Avoid drinking more than 1-2 units of alcohol before bed

Avoid mentally or emotionally strenuous tasks

Have a regular bedtime routine (Gradually regularising your going to bed and getting up time and the things you do before bed may help. Having a wind down time in the hour before bed is ideal.)

Build a good association with your bed and bedroom (make this a calming space, not a space for TV or work!)

Lights out when you are sleepy

Deal with worrying and 'busy' thoughts (e.g., earlier in the evening write a 'to do' list, share your worries with someone, keep a diary)

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Top Tips On Coping With Tiredness

FACTSHEET SEVEN

Top Tips on Coping With Tiredness

Here at UCH, many women with Turner Syndrome tell us that tiredness is a problem for them. So far this is medically unexplained, so there is no known helpful medical treatment for these symptoms. However, there are management techniques that can be used to ensure that the severity of the symptoms is kept at the lowest possible level.

Physical symptoms including tiredness are body-mind events. This means that there are psychosocial as well as physical aspects to how tiredness is experienced and how much it affects life.

Experts have identified three important factors that could affect tiredness. These are:

Cycling between over and under activity Stress | Tension | Anxiety And Sleep

Advice for purchasing footwear

This is sometimes called the 'boom and bust' cycle, whereby the individual gets into a pattern of 'pushing through' and overriding feelings of tiredness to get things done. But this pushing through period is generally followed by a period of 'underactivity', when the person spends time trying to recover by lying low, staying in bed or generally doing very little.

Many people accept this as 'payback time'. However, swinging between doing too much and doing too little can cause an increase in fatigue symptoms. For some people it can add to feelings of being out of control and at the mercy of their fatigue. Over time, it can also contribute to decreased fitness and a sense of frustration, hopelessness and anxiety.

Breaking from the pattern

Many health professionals recommend that the best way to break out of this pattern is by learning to pace your activity better. What this means is learning to live according to a plan of more balanced activities, and less according to how you feel. Keeping an hourly diary of your activity helps at first.

Another important part of pacing is building up tolerance to exercise and activity very gradually. This requires a great deal of patience, but if you have been in the boom and bust pattern for some time you will definitely need to start with light exercise and build up, rather than making the decision to 'go for it' and getting sucked into the boom and bust cycle again.

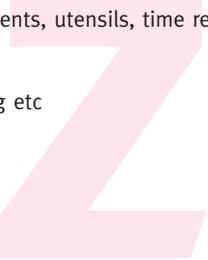
Pacing yourself better

This also involves taking regular rests and breaks within and in-between activities. There is an example of how to do this below. The main principle of pacing is to do small amounts often, rather than doing everything at once (no more 'I'll just do 5 minutes more!').

Example:

(pacing whilst cooking a meal)

Plan
whilst sitting (menu, ingredients, utensils, time required)
Rest
Prepare
10 minutes chopping/peeling etc
Rest
Cook
10 minutes standing
Rest
Cook
10 minutes second half
Rest
Dish out and eat!



Activity time limits are different for everyone. The length of your rests may gradually decrease and your 'working' time may increase as your fitness improves.

Your tiredness will be affected if you are not sleeping well, are sleeping too much or not sleeping enough. What is a 'normal' amount of sleep varies from one person to another. Experts recommend sleeping on average in the range of seven to nine hours per night. However, the amount individuals need depends on their age, sex, physical and emotional health, lifestyle, work and social demands. Sleep needs and patterns may change throughout an individual's life. For example, as we get older it is normal to need less sleep and wake more in the night. Keeping a diary of your sleep will help you to begin to understand your current sleep pattern. It is important for you to decide what amount of sleep you need in order to function at your best.