



# Wellbeing with Fatigue

Booklet for Participants

Session One. Introduction to the Course. Living with fatigue. Symptoms of depression and anxiety. Goal setting.

**steps2wellbeing**  
Southampton & Dorset



# Introduction

**Welcome to our Wellbeing with Fatigue Course.**

**This booklet accompanies the online course and is for you to keep.**

**To ensure you gain the most benefit from the course, please do your best to attend all of the sessions where you can. Of course from time to time things happen that may prevent you from attending, on these occasions, where possible, please ring and let us know before the session if possible.**

**If you do not attend and have not informed Steps2Wellbeing, someone will telephone you to check in with you. If you miss more than two sessions you may be discharged from the group, an alternative treatment may be suggested or you will need to start again. If you do miss a session, please make sure that you read the relevant pages of the book, and try to do any home practice tasks before the next session.**

## **Steps2Wellbeing Contact Telephone Numbers**

|  |                      |
|--|----------------------|
| <b>West and North Dorset:</b>          | <b>0300 790 6828</b> |
| <b>Poole, Purbeck and East Dorset:</b> | <b>0300 1231 120</b> |
| <b>Bournemouth and Christchurch:</b>   | <b>0300 7900 542</b> |
| <b>Southampton:</b>                    | <b>0800 612 7000</b> |

**[www.steps2wellbeing.co.uk](http://www.steps2wellbeing.co.uk)**





# Working Together

One of the most valuable things about courses is the support that you can give to each other. To help everyone feel safe and comfortable, it is helpful for the group to agree some guidelines for the sessions.

But there are a number of ground rules that we ask everyone to follow:

- Try to be on time, but if you are late do come in and join the session
- If you are unable to get dressed out of pyjamas then please cover with a jumper or any other suitable piece of clothing
- If you are unable to get out of bed then please prop yourself up so you are not lying down. Please make sure that only your headboard can be seen
- Respect others people's points of view; they may be different from your own
- If you have any questions/comments please use the thumbs up icon and we will focus on the questions that get the most "thumbs up" for as a way to prioritise questions during the Q&A section
- Do not attend the group under the influence of alcohol or drugs
- Please keep any personal information shared within the group sessions confidential.

Other rules that the group has agreed together



# Keeping Safe Between Sessions

Steps2Wellbeing is not a crisis service, and although you are welcome to contact the service between sessions, the course facilitator may not be available to speak to you. If you need some support between sessions, there are a number of places that you can turn to:

- **Contact Connection the urgent mental health line for Dorset 0800 652 0190 or NHS 111 for free**
- **Contact your GP surgery and request an urgent appointment**
- **Telephone 111 for medical or mental health advice 24 hours a day**
- **Go to A&E if you are worried about hurting yourself or someone else**
- **The Samaritans- you can call 116 123 for someone to talk to someone**
- **Think of a friend, partner or family member that you can seek support from**
- **There may be another professional involved in your care who could help, for example your Health Visitor, Social Worker, Support Worker or GP Practice Nurse.**

**Please make a note of your useful telephone numbers, so that you have them to hand when you need them. You may want to write them in the space below, or save them in your phone so they are ready to use.**

**E.g. my GP surgery**

---


---

---

---

### **My Personal Safety Plan**

|   |
|---|
| <b>Signs that my mood is deteriorating</b>                            |
|   |
| <b>What steps can I take to manage this? Where can I get support?</b> |
|   |



## How will this course help?

### Key objectives

**Provide an understanding of anxiety & depression in the context of prolonged fatigue.**

**Explore and identify techniques to alleviate psychological symptoms**

### Hopes and Fears

What do you hope to achieve from the course?

Thoughts on starting a psychological course for depression and anxiety?    What fears do you have?    Any Expectations?

Questions?



# Plan for Session 1

- **Goal setting**
- **LTCs and Fatigue**
- **What is Depression?**
- **What is Anxiety?**
- **Introduction to CBT**
- **Home Practice**



PLAN

# Goal setting

Thinking about the impact of symptoms of depression and anxiety, what would you like most to change during this course?

What would you like to achieve in the short term?

What would you like to achieve in the long term?



## Make your goals SMART

**S - SPECIFIC**

**M - MEASURABLE**

**A - ACHIEVABLE**

**R - RELEVANT**

**T - TIMED**

### SMART Goals

Is it **S**pecific? – are you aiming at just one, clear outcome?

Is it **M**easurable? – how would you know you've achieved your goal?

Is it **A**chievable? – make sure it is something that can be done realistically

Is it **R**elevant? – is it a goal that contributes to your broader objectives?

Is it **T**imed? – when do you want to achieve it by?

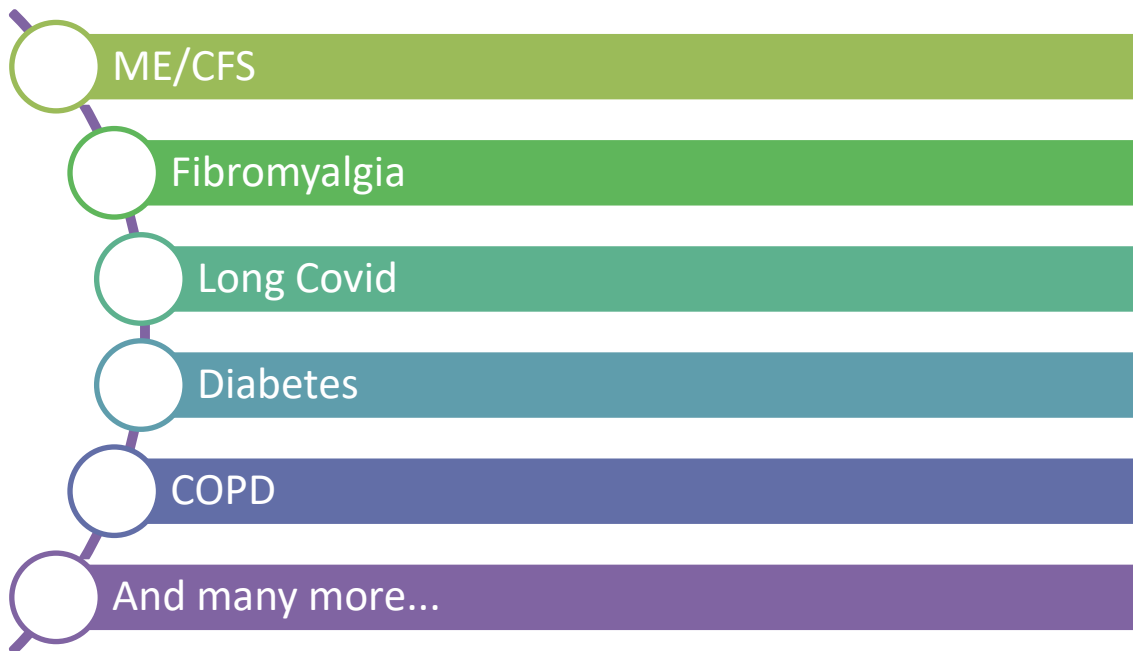


# What is Fatigue?

## Fatigue vs. Being Tired

Fatigue is one of the most challenging symptoms of chronic illness to cope with. We all experience tiredness at times, which can be relieved by sleep and rest. Fatigue is when the tiredness is often overwhelming and is not relieved by sleep and rest.

## Physical health conditions known to cause fatigue



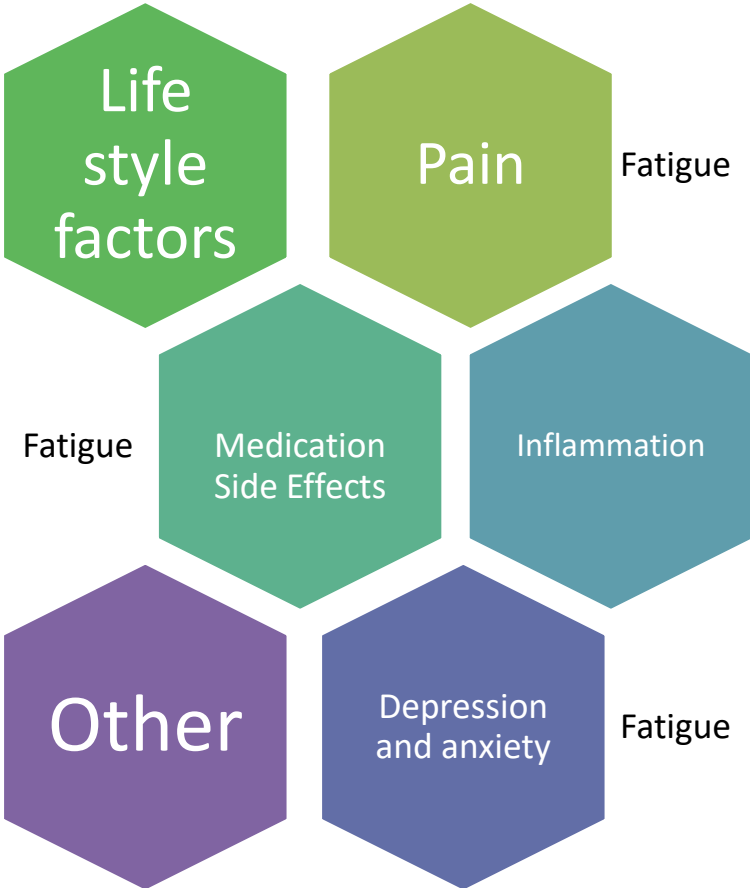
*Myalgic Encephalomyelitis (ME) or Chronic Fatigue Syndrome (CFS)* is a disorder characterized by extreme fatigue that lasts for at least six months. The fatigue worsens with physical or mental activity, but doesn't improve with rest.





*Fibromyalgia, also called fibromyalgia syndrome (FMS), is a long-term condition that causes pain all over the body. Other symptoms include fatigue, muscle stiffness, and difficulties in concentrating.*

**What might cause fatigue in chronic illness?**



Take a break.  
**You deserve it!**





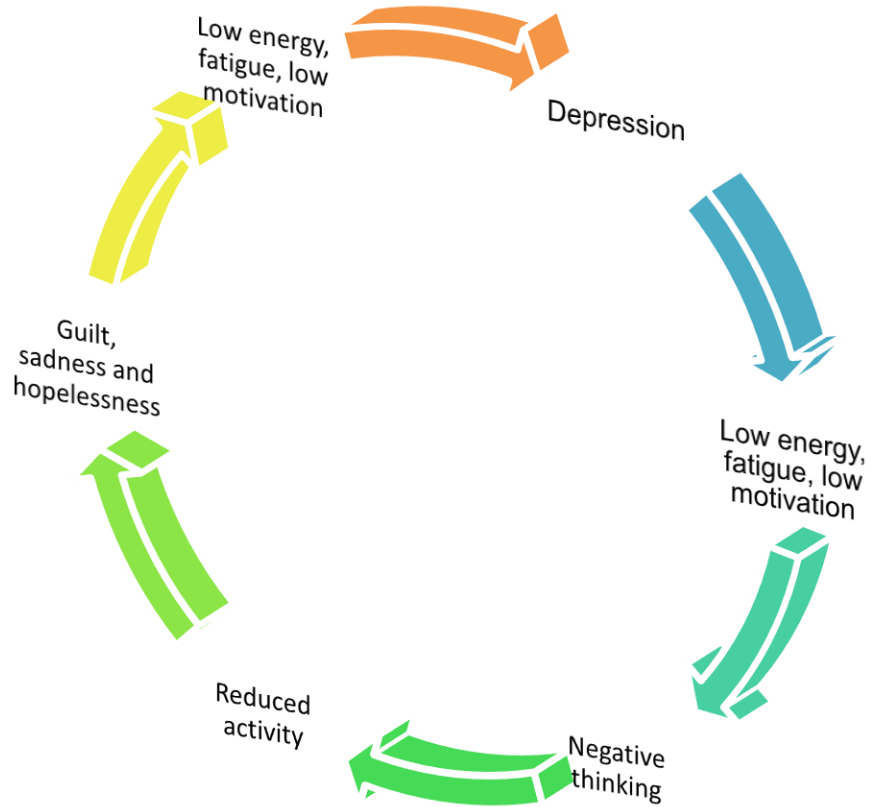
# What is depression?

## Depression is a common mood disorder.

Depression affects people in different ways and can cause a wide variety of symptoms. They range from lasting feelings of unhappiness and hopelessness, to losing interest in the things you used to enjoy and feeling very tearful. There can be physical symptoms too, such as feeling constantly tired, sleeping badly, having no appetite or sex drive, and various aches and pains.

| Physical   | Emotional                    | Behaviour                         | Thoughts                              |
|--|------------------------------|-----------------------------------|---------------------------------------|
| Fatigue  | Low/sad                      | Over-think                        | Self criticism                        |
| Reduced motivation   | Anger                        | Reduce activity                   | Negative                              |
| Increased or reduced appetite                                  | Hopelessness<br>Helplessness | Isolation                         | Suicidal                              |
| Changes in sleep patterns -<br>Poor sleep or sleeping too much | Guilt                        | Reduced self care                 | Compare with others and previous self |
| Reduced concentration  | Frustration                  | Loss of interest                  | Perfectionistic                       |
| Reduced Short Term memory                                      | Numb                         | Using alcohol or other substances |                                       |
|  | Irritable                    |                                   |                                       |

## Lethargy Cycle in Depression





# What is anxiety?

**Anxiety is a feeling of unease, such as worry or fear that can be mild or severe.**

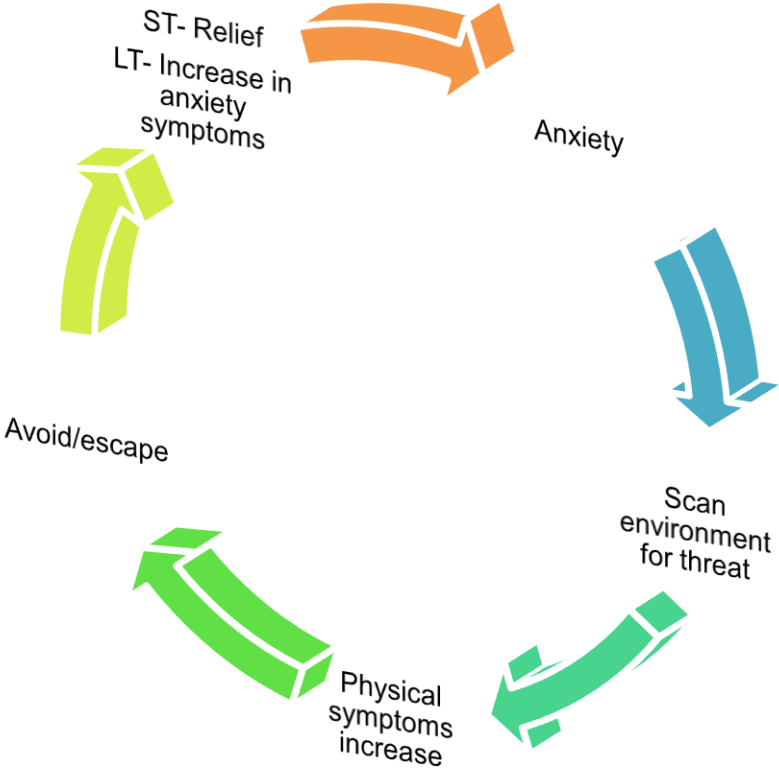
Everyone has feelings of anxiety at some point in their life.

However, some people find it hard to control their worries. Their feelings of anxiety are more constant and can often affect their daily life.

Anxiety is the main symptom of several conditions, including panic disorder, phobias, post-traumatic stress disorder and social anxiety disorder.

| Physical                               | Emotions        | Behaviours                              | Thinking                        |
|--|-----------------|---|---------------------------------|
| Heart racing                           | Anxiety         | Avoidance                               | What if.....                    |
| Muscle aches/pins and needles          | Paranoia        | Hyper-vigilance                         | Anticipating the worst          |
| Breathing becomes shallow              | Feeling on edge | Worry                                   | Better safe than sorry          |
| Butterflies in your stomach and nausea | Distressed      | Reassurance seeking or self reassurance | Images of negative consequences |
| Fidgety                                | Overwhelmed     | Checking                                |                                 |
| Dry mouth                              |                 | Distract yourself                       |                                 |
| Agitation                              |                 | Narrow focus on threat                  |                                 |
| Sweating                               |                 |   |                                 |

# Cycle of anxiety



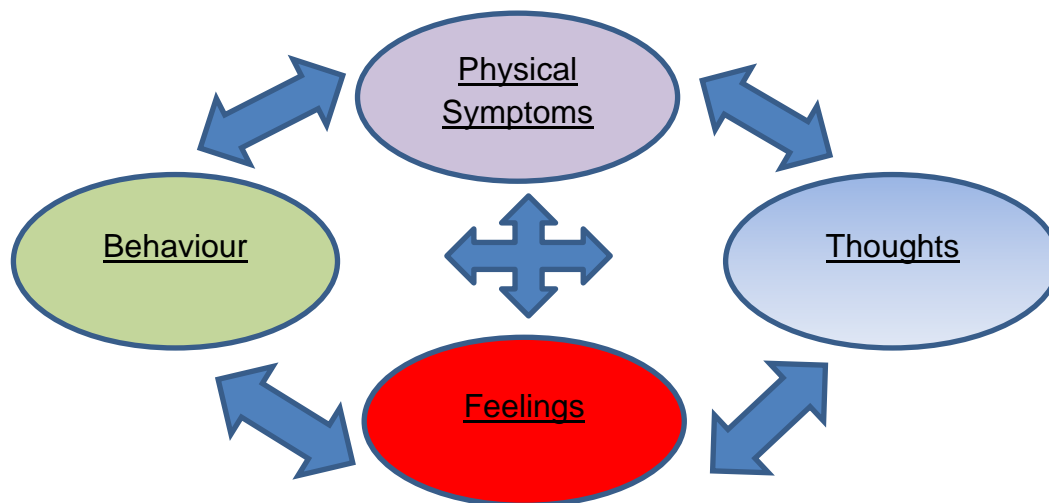
# What is CBT?

**CBT is a type of talking therapy.**

CBT takes the viewpoint that difficulties (such as anxiety or depression) develop as a consequence of learnt ways of thinking (cognition) and behaving.

CBT takes the viewpoint that learning new ways of thinking and behaving will have a beneficial impact on our emotional wellbeing.

How symptoms interlink?



<https://www.youtube.com/watch?v=ZRijYOJp5e0>





# Over to you: choose and practice

## Summary Session One

In this session we looked at symptoms of CFS, depression and anxiety and discussed SMART goals.

Write down one or more key points that you have learnt today:

## Suggested Home Practice

You may find useful to read this handbook, reflect upon your thoughts and the psychological techniques discussed.

You may find beneficial to complete your 5 areas.

You may wish to work on your goals for therapy. When setting goals, you may want to use the checklist on page 7 to ensure that the goals are as “SMART” as they can be.

My SMART Goals for this week:

- 1)
- 2)
- 3)