



Worksheet 1: Prepare for rest-do days

At any starting point it's good to pause, to take in where you are, where you have come from and what lies ahead. The questions in this worksheet are designed to help you do that.

What prompted me to start reading this book?

What interests me about rest-do days now?

How could the contents of this book apply to me and my situation?





Worksheet 2: Fatigue, importance, control

Everyday life and fatigue are always changing, so the timing of rest-do days has to be flexible. To get started today, you could decide how long to rest and do in 30 minute cycles, referring to Table 2.2.

Is the level of my fatigue
high or low today?

Are any of the activities I'm planning
to do today particularly important?

Am I likely to have choices today
about times for resting and doing?

Minutes
spent resting:

Minutes
spent doing:

I will repeat this cycle

- As many times as I need to

- When I can





Worksheet 3: What helps me feel balanced?

Imagine a rest-do day that goes well, involving different activities which balance resting and doing. The way you do those activities helps you stay balanced, as shown in table 2.3. You could record your examples here.

Being strong

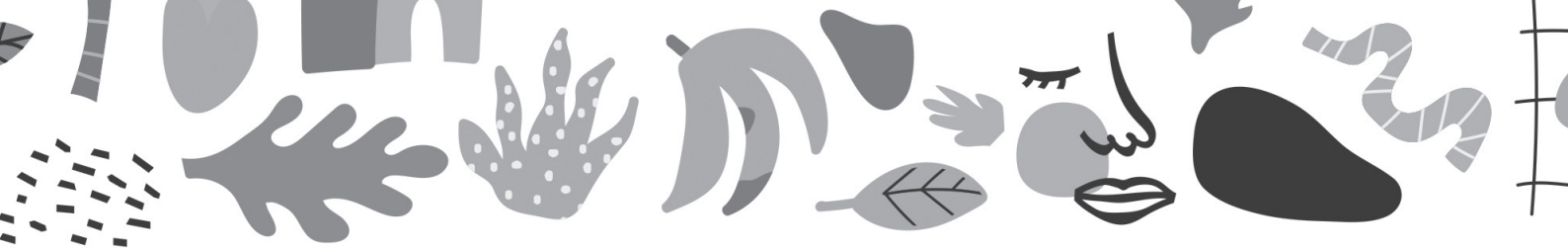
My base of support

Being flexible

Time

Space





Worksheet 4: Restful and demanding activities

Getting started with rest-do days is easier when you have an idea of which everyday activities are more likely to be restful or demanding for you. See if you can think of examples for the days ahead.

Everyday activities which are more likely to be restful

Everyday activities which could be restful or demanding

Everyday activities which are more likely to be demanding





Worksheet 5: Being supported

Rest-do days are focused on our actions, whether we are resting or doing. To keep going with rest-do days, our actions are supported by our inner and outer worlds. Using an everyday activity as our starting point can make us aware how we connect with our sources of support. Write down an everyday activity which is more demanding than restful. Choose a familiar one that you often have to do, need to do or want to do. For example: changing the bedsheets, washing your hair, buying some bread or watching a particular TV programme.

My activity

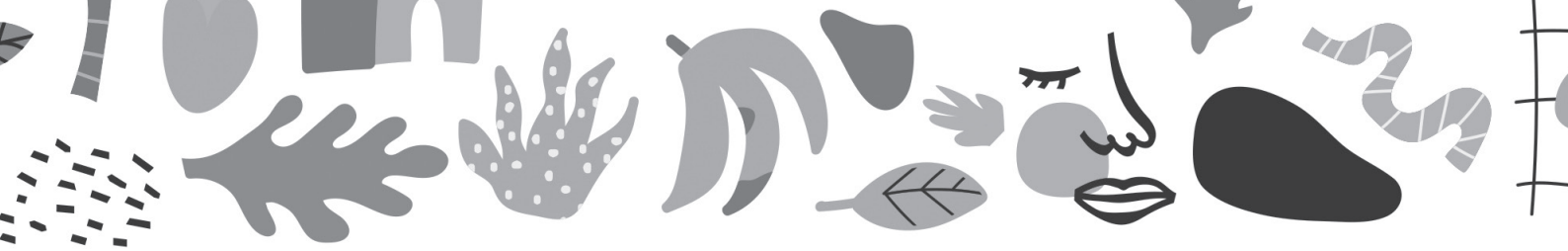
Supports from your inner world

You can support yourself with your abilities, skills and internal sources of energy, which help you to find the most practical and satisfying way of doing something. Write down the supports you have from your inner world that are important for this activity.

My abilities and skills

My motivation and willpower





What engages and inspires me

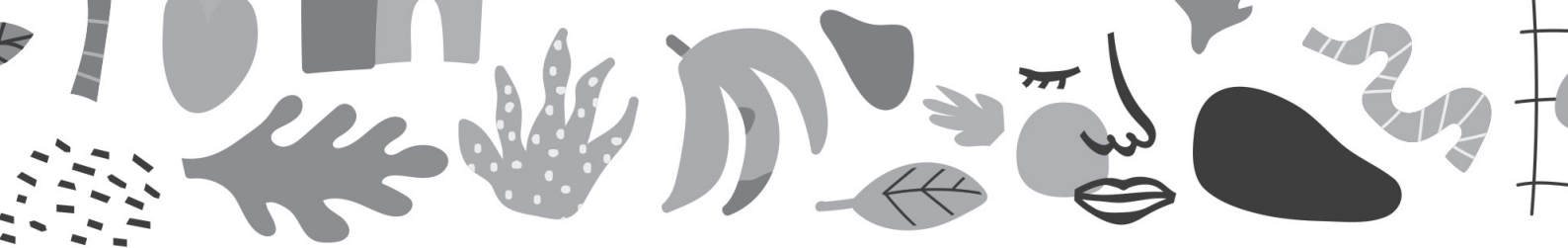
Supports from your outer world

People and places in your outer world can also support you. Write down those that are particularly important for this activity and make a note of how they support you.

People

Places





Worksheet 6: My ecosystem of support

All the supports you've identified so far in Worksheet 5 are part of your ecosystem of support. We can use some supports more than others, depending on our approach. Which of the following approaches feature in your ecosystem?

Flourish

developing new ways of doing the activity with flexible supports

Conserve

making sure you have time and space to do activity with resilient supports

Maintain

remembering to do the activity with familiar supports

Deplete

doing the activity whatever it takes with any support available at the time

How could my ecosystem change for the better?





Worksheet 7: Describing my fatigue

When fatigue is clearly described and defined, people can be more informed. Because it varies from person to person, at different times and in different situations, fatigue can be difficult to describe. You could try any of the three different approaches in this worksheet.

Putting my fatigue into words

Some words that come to mind about fatigue

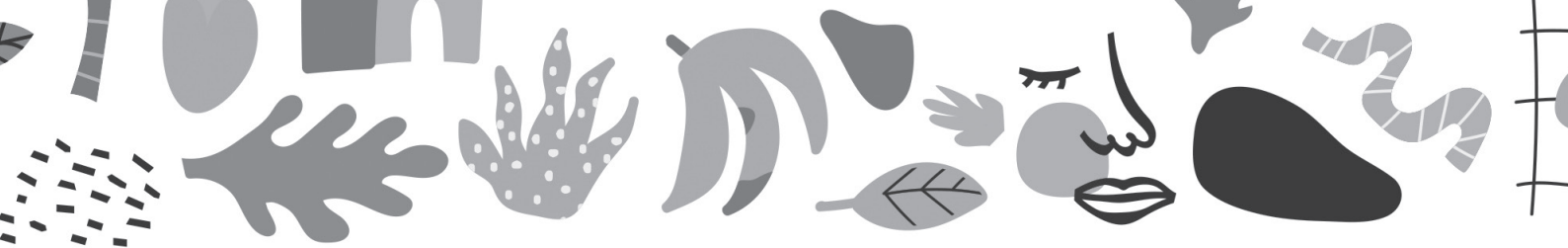
Summing up my fatigue

Often we have to describe our fatigue concisely. Describing its dimensions can help.¹⁸

Severity: How much is my fatigue affecting me?

Frequency: How often do I feel fatigued?





Duration

How long does it last?

Describing how my fatigue varies

Fatigue varies from day to day and between people.¹ We can predict some situations will be fatiguing, but others are less certain.

Situations that are more fatiguing

What makes them more fatiguing?

What might make my fatigue vary in these situations?





Worksheet 8: Recognising rest

To rest is to pause our efforts, briefly or for longer. Recognising rest is a step towards being organised and rest regularly as a habit.

If you had rest now,
what would you be
doing?

What would you
be resting?

What would you be
taking a rest from?

Recognising rest makes it easier to have rest-do days. Think back to a recent rest and try answering these questions.⁷ As well as answering yes or no, add details for more information.

What were you doing?

Did it feel like rest?

Were you trying
to rest?

Was it important
to rest?

Did you have to rest?

Were you resting?





Worksheet 9: Changing rest habits

Think about how you usually rest everyday. How might these approaches help you to change your rest habits?

Cues: paying attention to rest

Plasticity: resting regularly in varied ways

Pragmatism: finding the best and most practical way of resting for now

Rewards: choosing interesting, enjoyable and relaxing ways to rest

Friction: making rest easier and making it more difficult to get distracted from resting





Worksheet 10: Occupational form

An occupational form is the way we do things, which is always changing depending on our situation and preferences. We deliberately adjust the way we do things to make life safer, easier, more interesting or more satisfying. Being aware of how we can adjust occupational forms can help us be more realistic.

Describe an item that you keep close to hand most of the time.

What you are doing when you use the item?

How do you use the item in comparison with other people?

How can you adjust the activity you do with this item?





Worksheet 11: A sensational life

Imagine you are doing something you enjoy. As you do this activity, you are processing information from your senses. To start, briefly describe what you are doing:

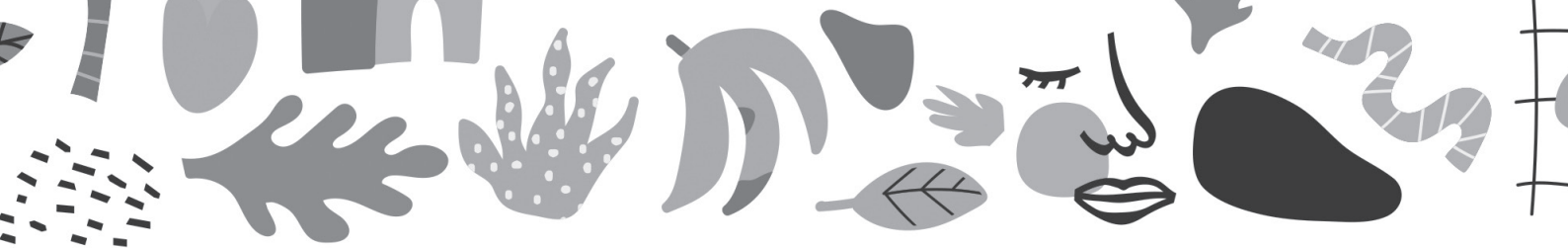
I am

Registering sensations

When you notice more about what you are doing and what is happening, you are registering information from your senses.

I notice





Sensitivity to sensations

You might register some sensations more than others, depending on your thresholds for different senses. You might need more time to register some sensations during the activity.

I'm particularly aware of

It takes me longer to notice

Modulating sensations

You adjust the way you do this activity, using information from your senses. You intensify, tone down or block out different sensations. Which sensations do you adjust as you do the activity?

I pay more attention to

I take less notice of

I block out





Worksheet 12: Principles of rest-do days

I often revisit the principles of rest-do days after a difficult time or when I'm looking to refresh my approach. Revisiting the principles helps me see how rest-do days have helped me. This worksheet offers space for your thoughts about these principles.

My rest-do days help me live with fatigue and get things done, by focusing on:

Occupation

Starting with what to do, how and why

Connections

which support and inspire me

Questions

to inform and guide me

Sustainability

adjusting my approach

Satisfaction

so I'm thriving as well as surviving

