THAT OMNIPOTENT BEAST…

FATIGUE

THAT OMNIPOTENT BEAST… FATIGUE

- Introduction
- Recognizing the Signs and Symptoms of the Big Hairy “F” word
- Impact on:
  - Survivor
  - Circle of Care: Family and Friends
    Health Care Providers
    Legal representatives
- Co-Existing with that Beast… activities to help us participate in life
- Helping each other on this long journey

FATIGUE

ABI Survivors daily life activities are impactful in diminishing our energy reserves and cognitive resources, causing us to combust under a cloud of fatigue.

RECOGNIZING THE SIGNS AND SYMPTOMS OF FATIGUE… MY JOURNEY

BRAIN TIRED

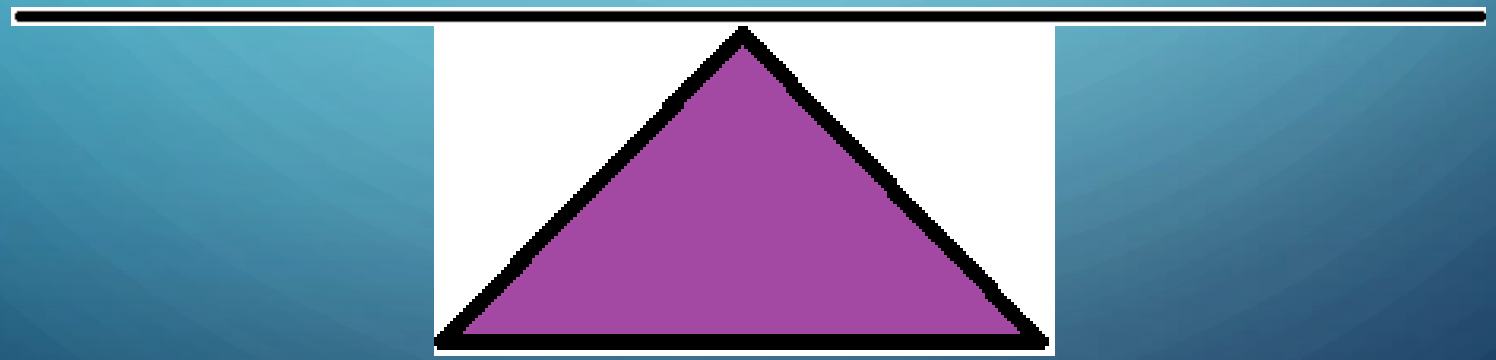
- One Survivor's description of how **FATIGUE** affects him

- How does your ABI Survivor describe **FATIGUE**

FATIGUE... MY JOURNEY

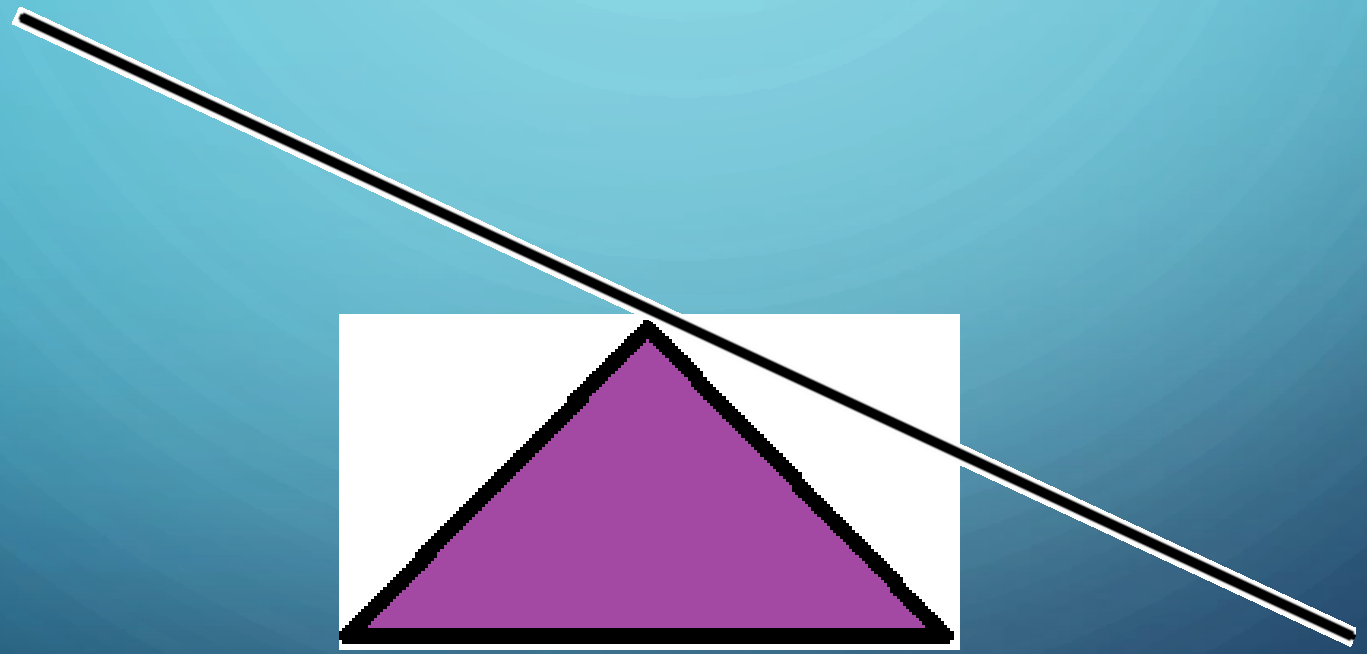
A BALANCING ACT

Before My Brain Injury



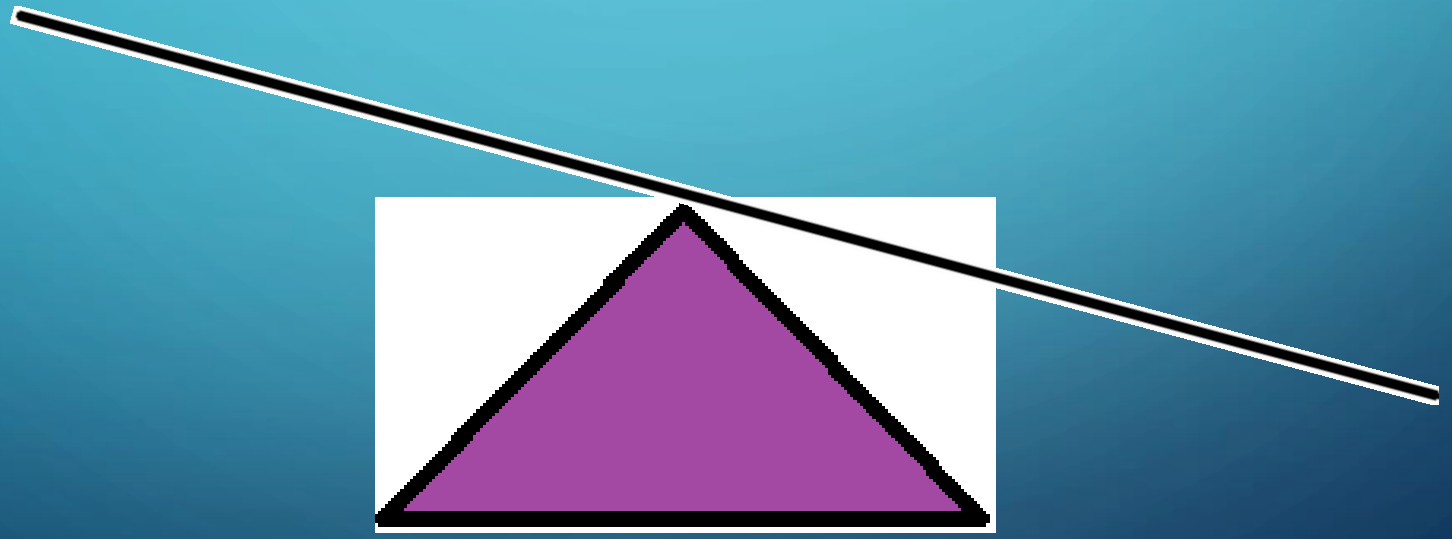
A BALANCING ACT

After My Brain Injury



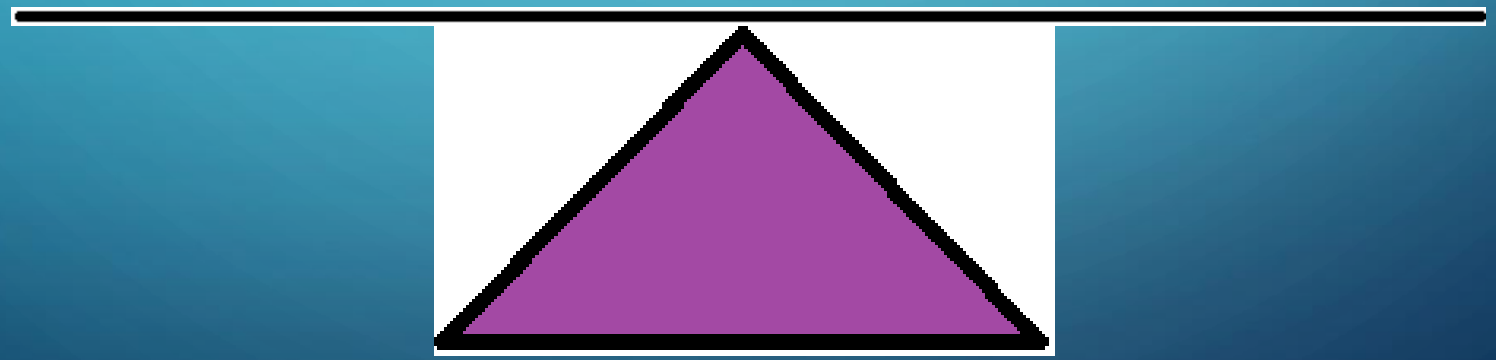
A BALANCING ACT

During My Recovery

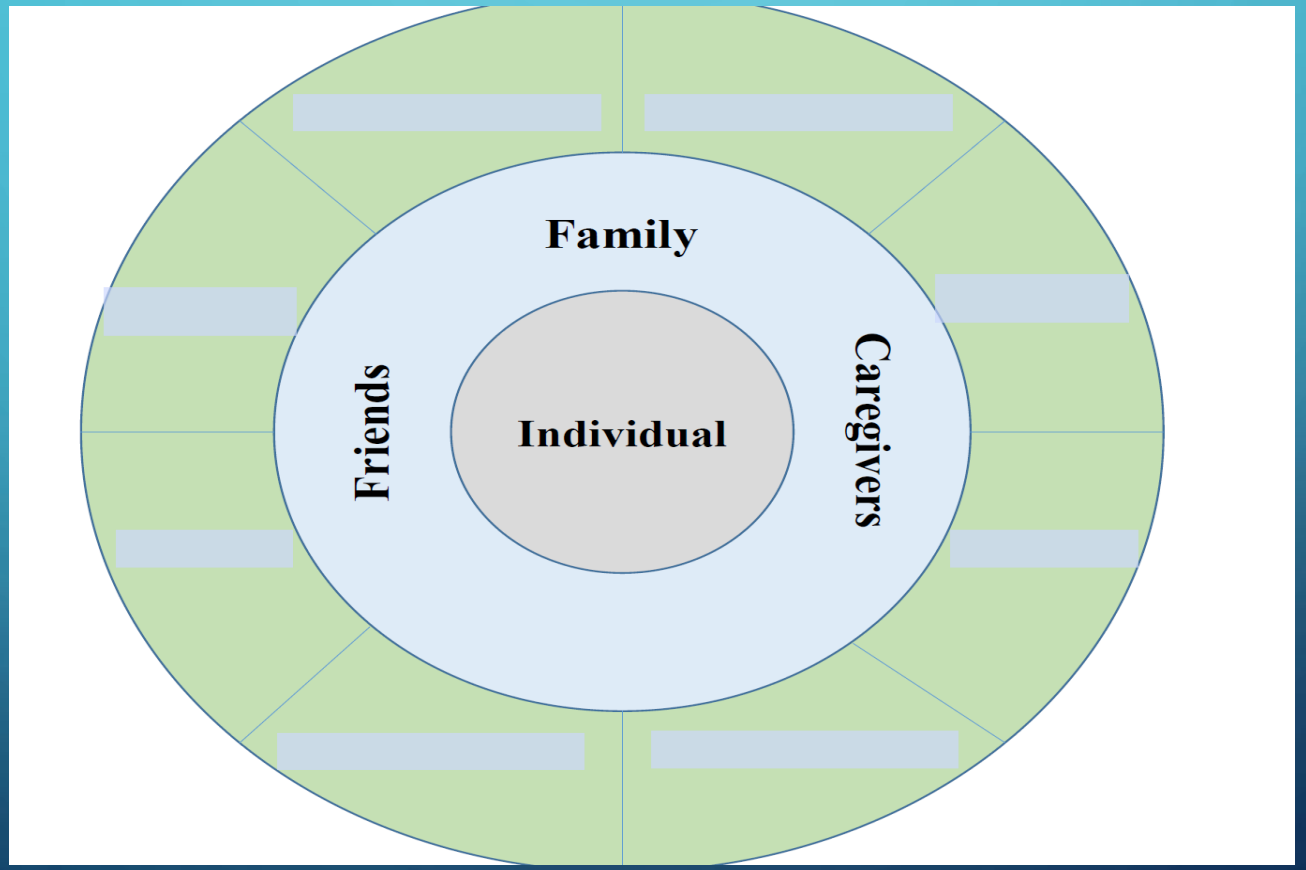


A BALANCING ACT

How I Balance My Day



IMPACT ON OUR CIRCLE OF CARE



TEMPERING FATIGUE

- Pacing
- Exercise
- Environment
- Mindfulness

TEMPERING FATIGUE

- Social Activities
- Creative Outlets
- Professional Care
- Communication

WHEN FATIGUE CAN'T BE TEMPERED THEN WHAT?

THE SUN WILL COME UP… TOMORROW

SAYING GOODBYE TO THE "F" WORD .....

FOR NOW

QUESTIONS

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And to you, my audience, thank you for taking this journey with me.

I know we will all learn how to keep this "F" word at bay.