

## Energy Measure Tool for managing Long Covid Fatigue

Remember the 5 Ds. **DITCH DELEGATE DELAY DO DODGEBALL** (Nope, actually thinking about it that last one is a movie reference 😏)

And the 3 Ps. **PRIORITISE PLAN PACE** - <https://www.rcot.co.uk/conserving-energy>

Satisfaction gained from task	Low Energy Requirement NOT TIRING	Medium Energy Requirement MODERATELY TIRING	High Energy Requirement VERY TIRING
😊			
😐			
😞			


Blank for your use. Examples on the following pages.


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	<p>Quick wins. When you are feeling exhausted pick something from here.</p> <p>If there's nothing in here find new things.</p> <p>Especially new ways to rest, recuperate and relax.</p>	<p>TRY TO</p>	<p>The payoff of taking part in these activities might be worth it but you probably want to budget your energy to use for this activity.</p> <p>Arrange time to rest before and after.</p>
	<p>This might be a category you can 'automate' a bit.</p>	<p>FOCUS MOST OF YOUR ENERGY</p>	<p>You still might want to Ditch or Delegate these too or Delay them.</p>
	<p>Sticking with low energy low satisfaction tasks is unlikely to help in the long run as we get demotivated.</p>	<p>IN THIS COLUMN because moderate exertion is better than pushing yourself to the limit and then being stuck with no energy for days</p>	<p>Where possible Ditch or Delegate these tasks. The ones that give you little satisfaction but cost you lots of energy.</p>

Start by adding all the activities you usually did in here.

Satisfaction gained from task	Low Energy Requirement NOT TIRING	Medium Energy Requirement MODERATELY TIRING	High Energy Requirement VERY TIRING
😊	Cuddles with the dogs	Watching TV Crafting	Reading a while book in a day Zoom call with friends Running 5k
😐	Dusting	Email Taking pictures for Instagram Walking the dogs in the rain	Getting up, washed and dressed and to work on time Computer work than requires intense concentration Cooking
😞	Doomscrolling facebook	Putting the bins out	Hoovering Ironing Washing the dishes Food shopping

And here's an example of how to move most things into the moderate category. Stop before you are tired. If you can do 30 minutes fine but 35 is too much try doing 20, add a short rest and then another 20.

Satisfaction gained from task	Low Energy Requirement NOT TIRING	Medium Energy Requirement MODERATELY TIRING	High Energy Requirement VERY TIRING
😊	<p>Diamond painting was a new craft I found during lockdown.</p> <p>Cuddles with the dogs - do this frequently in between other activities.</p> <p>Plan exactly what photos you want to take for Instagram and what your need.</p> <p>Post to instagram</p> <p>Walk 5 minutes - start small and build up gradually as long as you don't have difficulties at the previous stage.</p>	<p>Reading 100 pages</p> <p>Listen to an audiobook</p> <p>Watch a film in two parts. Have a small break in between to grab a drink and clear your head.</p> <p>Walk the dogs in the rain whilst listening to an audiobook.</p> <p>Run 1k indoors</p> <p>Microwave meal</p>	<p>Reading a whole book in a day becomes </p> <p>Zoom call with friends. Do this anyway because you need this but explain you may need to leave early or ask to switch to a better time</p>
😞	<p>Use paper plates to eat from.</p> <p>Takes handful of Instagram photos a day. Stockpile.</p> <p>Triaging email - quick reply do straight away. Delete if not needed. Move to a to do folder ones that require more attention.</p> <p>Brushing teeth</p>	<p>Split your intense concentration work up with a regular stand up and walk round. Do the hardest work at the time of day that suits you best. Use voice cancelling headphones to cut out distraction.</p> <p>Reply to tricky emails.</p> <p>Create a store of stock responses.</p> <p>Hoovering one room</p> <p>Buy pre prepared veg and cook - use a perching stool if needed</p> <p>Doing hair</p>	<p>Break this activity down. Pick your clothes the night before. Give yourself plenty of time to rest in between sections. So shower. Have a sit down and then dress, have a cuppa etc.</p> <p>Cooking a meal from scratch</p> <p>Buy a dishwasher</p>

	Set an alarm and when it goes off do something different.	Just plan enough time to out the bins out without having to hurry.  Work from home to cut out the commute.	Ironing - Ditch it  Hoovering - Delegate to a partner, delay it. Used to do it every week. How about every fortnight?
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And what a week might have looked like before (for a busy office based working parent)

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Sleep	11-6	11-6	11-6	11-6	11-6	12-8	1-9
Morning routine 6-8	Up, washed, dressed, help kids do same, make kids lunches, out the door, drive to work					Leisurely Breakfast then shower then dress	
8.30-12.30	Straight into a meeting, check your e-mail, complex concentration task that's really important - no breaks forget to go to the toilet. Rinse repeat					Cleaning, laundry, shopping, filled with activities, exercise - where has the weekend gone!!!	
12.20-1	Lunch break. Typically work an extra ten minutes into it on just one more thing, eat at desk, go on phone.						
1-4.30	More of the same. Emails, meetings etc.						
Post work routine	Drive home, collect kids, make tea, check homework, take kids to after school activities whilst you tidy						
Evening	TV, Phone, put kids to bed etc.				Zoom with friends	Veg in front of TV	

And what a week might look like now (try to have the same sleep pattern or only a slight shift to it). This is based on an assumption you might feel better in the afternoon- if mornings are better for you switch the work activities round.

	Sun	Mon	Tues	Wed	Thur	Fri	Sat	
Sleep	11 - 7.30	10.30 - 6	10.30 - 6	10.30 - 6	10.30 - 6	10.30 - 6	11-7.30	
Morning Routine	Leisurely Breakfast then shower then dress	Start with pre-prepared or easy breakfast. Food = Fuel. Sit down and enjoy it. Then shower, sit for a few minutes. Dress with outfit chosen the night before. Help kids do the same. Grab items from your launchpad then out the door, drive to work.					Leisurely Breakfast then shower then dress	

Work Morning	Make Sunday family meal plus another batch cooked meal that you can freeze	Aim to get to work a few minutes early and sit in your car and listen to music, relax, destress. When in the office plan and prioritise your day. Triage emails and respond to any quick, easy ones or schedule time for urgent complex replies in your plan. Schedule easy meetings and low concentration tasks for mornings. Take a ten minute break mid morning. Make a master to do list and a daily one. If you don't get to a task migrate it to another day so it doesn't get forgotten.					Have shopping delivered unpack, rest for 5 minutes then family time.
12.30-1		12.30 - 1 - shortened lunch break if you have to remove your earlier break from it. But be disciplined in taking it. Move away from your desk. Eat something high in protein. Take 5 minutes to listen to music or relax before heading back for work.					Food
Work Afternoon	Clean one room	If you are better in the afternoons then do your complex concentration/high energy tasks and meetings here. but remember to take breaks or task switch. Check out the pomodoro technique. Also see if you can set aside time to automate some things. Automatic replies on emails, template documents of key things you write time and time again. You might find adaptations such as having two screens or using noise cancelling headphones helpful.					Laundry not done during week and needed for week ahead
Post Work Routine	Do something you enjoy. For you. Crafting, reading, other hobby	Once again. Take 5 minutes to de-stress in your car before driving home. Arrange to share pick ups to/from school or work activities with other parents so you don't have to rush as much all the time. Consider after school homework clubs etc. Use some batch cooked/one pot meals.					Maybe go out for a walk / moderate energy activity  Batch cook
Evening	Plan for the week ahead and do something relaxing	Gentle exercise  Or quick win activities	Clean one room  One load of laundry - eve bedding or non essentials	Gentle exercise  Or quick win activities	Clean one room	Rest then zoom with friends	Family movie night
Prep for Morning	Prep for the morning. Easy breakfasts, packed lunches. Outfit choice. A 'launch pad' with your bags and keys and everything you need to grab as you head out the door. Look at your diary/planner. Do the kids need to go in school uniform etc. Perhaps wash and dry your hair if that takes too much effort in the mornings.						
Half Hour Wind Down	Ideally phone down. Calming routine - read, listen to music, relaxation. Basically try and slow down before you try to sleep.						

This is obviously very simplified and won't suit every circumstance, budget etc but I hope it gives you some ideas. Be flexible. If you've had a bad night's sleep, are in pain, have high fatigue on waking adapt your schedule. If you are working or heading back to work, talk to your employer about a phased return, flexible working or work from home options, or having shorter more frequent breaks.