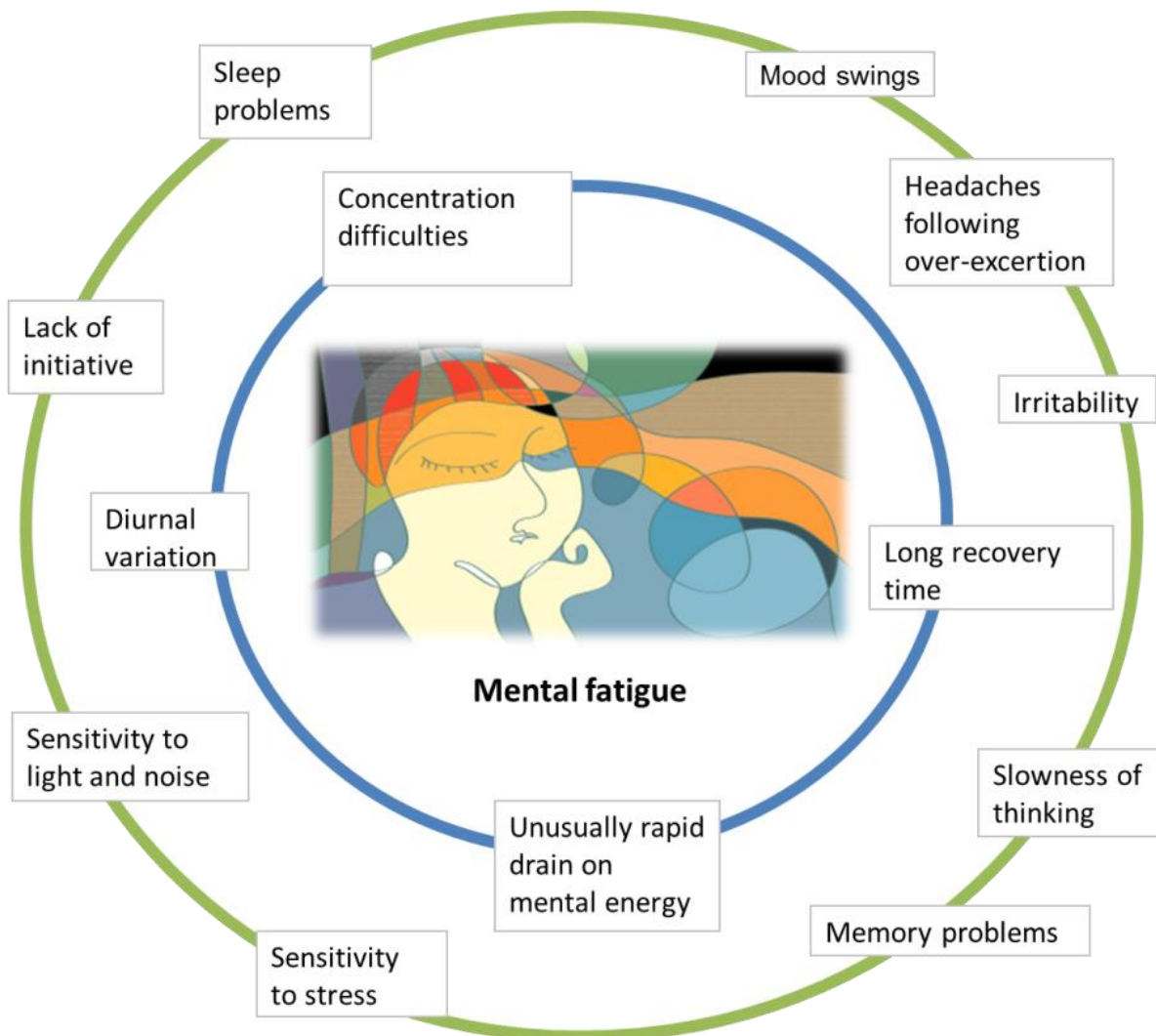


**Test Yourself:  
Rating Scale for Mental Fatigue**

0	I can manage in the same way as usual. My ability for sustained mental effort is not reduced.
0.5	
1	I become fatigued quickly but I am still able to make the same mental effort as before.
1.5	
2	I become fatigued quickly and have to take a break or do something else more often than before.
2.5	
3	I become fatigued so quickly that I can do nothing or have to abandon everything after a short period (approx. five minutes).

**Effects of Neurofatigue**



## Strategies for Managing Neurofatigue:

There are several strategies and tools available that can help to cope with neurofatigue symptoms and lessen the degree that it interrupts daily function:

- Pay attention to what triggers your fatigue, and learn to identify the early signs of fatigue, such as becoming more irritable or distracted
- Ask for help when needed
- Keep yourself mentally stimulated, but find a balance between getting overtired and being under-stimulated or bored

### TAKE CARE OF YOUR BODY

- **Get good regular sleep.** Aim for 8-10 hours per day. Avoid evening naps.
- **Exercise** improves neurofatigue, decreases depression and improves sleep.
- Eat a **healthy diet.**
  - Avoid alcohol, marijuana, and caffeine. These make fatigue worse.

### SCHEDULING AND TIME MANAGEMENT:

- Schedule tasks that require the **most mental effort earlier in the day** when you are fresher.
- Alternate high demand thinking tasks with some low energy activities and build **regular relaxation time** for rests into the day
- Break activities into several steps ("**chunking**")
- Avoid overscheduling by **prioritizing** activities. Finish what is most important first.

### PACE YOURSELF

- Encourage **rest** before becoming over-tired
- Try to work at a **steady pace**: one task at a time, short working periods, take more time for each activity, avoid planning too many activities in a short period to ensure rest breaks are included

### RELAXATION

- Avoid lots of stress
- Try to do cognitive tasks in a **calm environment** with less sensory stimulation (quiet, slower pace). Nature walks are very relaxing.
- **Mindfulness- Based Stress Reduction (MBSR)**: The core of this approach is focusing only on things happening in the present moment. Most recently, researchers have found MBSR to be highly effective in managing cognitive fatigue after stroke and traumatic brain injury.
  - Follow this link for a free online MBSR training course:  
<http://palousemindfulness.com>