

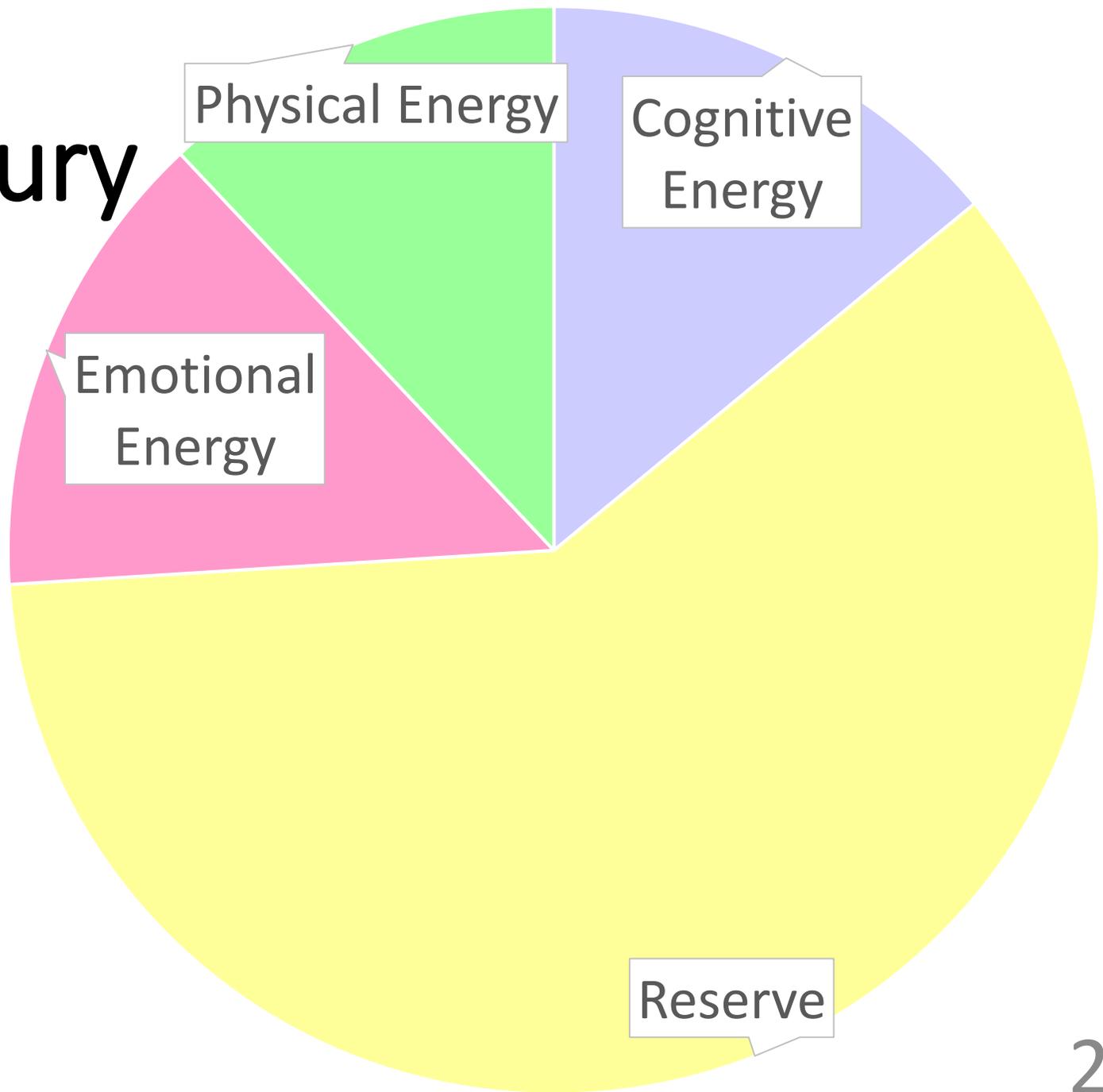
# Individualized Occupational Therapy “Take Home Exercises/Activities” / Action Plan

## Energy Pie & Neurofatigue Strategies

July 13, 2018

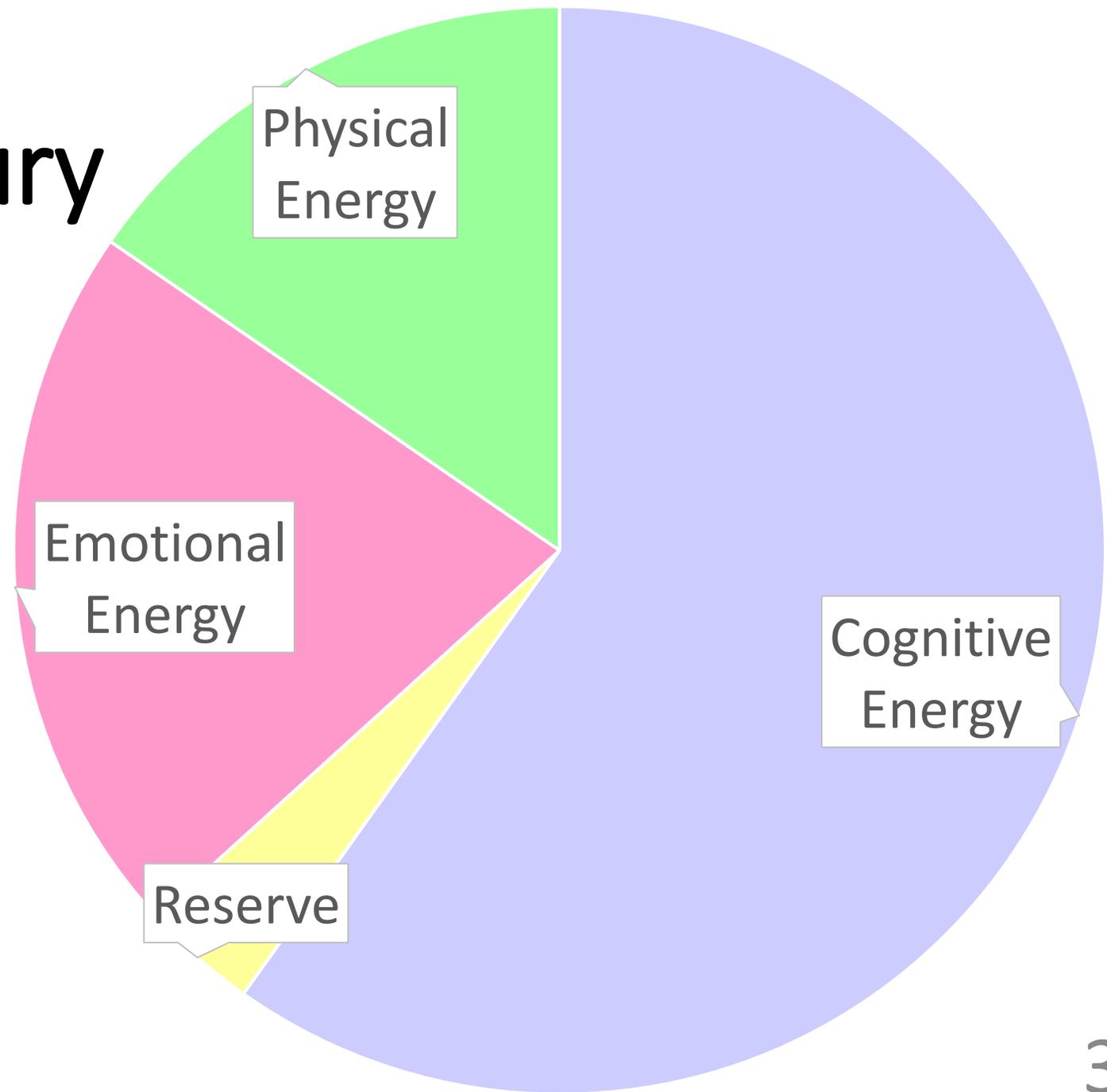


# Energy Pie Before Brain Injury



# Energy Pie

## After Brain Injury



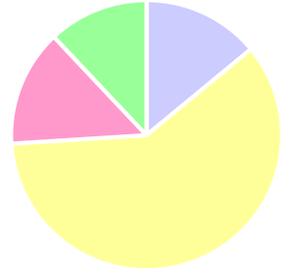
# Neurofatigue



- ❑ Also known as Mental Fatigue or Cognitive Fatigue
- ❑ This type of fatigue can occur after a brain injury. Neurofatigue can also occur after extensive use of mental activity. This leaves a person feeling like they cannot concentrate, making it almost impossible to focus on task at hand.
- ❑ Just like physical fatigue can make your body feel tired, Neurofatigue makes your mind feel tired.



# Neurofatigue Signs and Symptoms

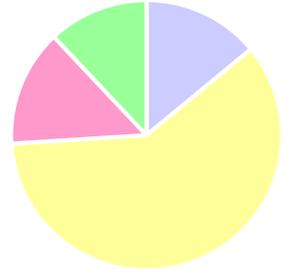


- An unusual drain of mental energy upon mental activity
- Impaired concentration and attention over time
- Over-exertion requires a longer recovery time
- Fatigue is less in the morning and increases around the afternoon and evenings
- Trouble with memory
- Trouble sleeping
- Sensitivity to light or loud noises
- Headaches once over-exertion is reached



# Neurofatigue Strategies

## The 4 P's Prioritize



### Use a Daily Planner

A daily planner can be a calendar on the wall, on a phone, monthly planner, etc. When we get confused it causes us to get frustrated, thus decreasing our neuro-energy leading to Neurofatigue.

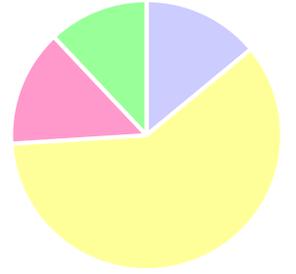
### Decide what is most important.

For example: Going to a doctor appointment would take priority over dusting the living room.



# Neurofatigue Strategies

## The 4 P's Plan



### Plan Activities First to Avoid Extra Trips.

- Gather supplies and equipment you need before task.
- Example: Before you begin to garden, gather all your garden supplies.

### Plan Alternative Heavy and Light Tasks

- When physical energy is lowered, this will lead to Neurofatigue.
- Example: Plan your tasks so your aren't trying to do to much all at once.

### Plan a Good Night's Rest

- Sleep will replenish our energy.
- Example: Limit electronics in bedroom; Have a routine for relaxing before sleep.

### Use Family, Friends or Caregivers When Needed For Assistance

- It's better to ask for help than to suffer from Neurofatigue.
- Asking for help is not a sign of weakness.



# Neurofatigue Strategies

## The 4 P's Pace



- Maintain a slow steady pace. Never rush.
  - The faster we rush, the quicker our energy will decrease and will lead to confusion and fatigue.
  
- Rest often. Rest before you feel tired.
  
- Used Pursed Lipped Breathing.
  - Breath through your nose and then out through your mouth. Think of it like smelling the flowers and blowing out the candles on a cake.
  
- Always listen to your body!



# Neurofatigue Strategies

## The 4 P's Position



### Avoid Excessive Bending

- Too much bending and reaching can cause fatigue and shortness of breath. When we are out of breath this effects are focus on the task at hand and leads to frustration.
- Use adaptive equipment to help avoid bending, this will make the task easier and lead to increased energy.

### Maintain Upright Position

- Maintaining a upright position when sitting and standing. This will increase oxygen that will increase our focus during a task.

### Sit When You Can

- Sitting increases energy during task performance



# Neurofatigue Strategies

## Setting Limits “It’s Ok to say No”



- We all Have daily obligations, tasks, loved ones and fellow employees that depend on us.
- We all want to help others; we want to be nice; we want to make life easier for those who depend on us or we care about.
- When we say “**Yes**”, too often it can crowd our schedule and drain our energy. When you say “**No**”, you are not letting anybody down.
- If we stretch ourselves too thin, this can affect our energy, which can have a negative effect on our overall health



# Neurofatigue Strategies

## Setting Limits – Ways to say “No”

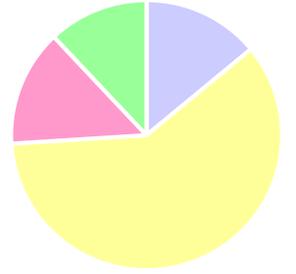


- Be Honest
- Though you cannot help right now because of your busy schedule, you may be able to be of assistance later.
- Offer that if someone needs guidance, “I am a text or a email Away”.
- Offer to put them in touch with someone who may be able to help.



# Neurofatigue Strategies

## Setting Limits – How to say “No”



- Start with a compliment if one fits the situation
- Give your answer
- Say thank you
- Encourage the person
- Change the subject or excuse yourself.

