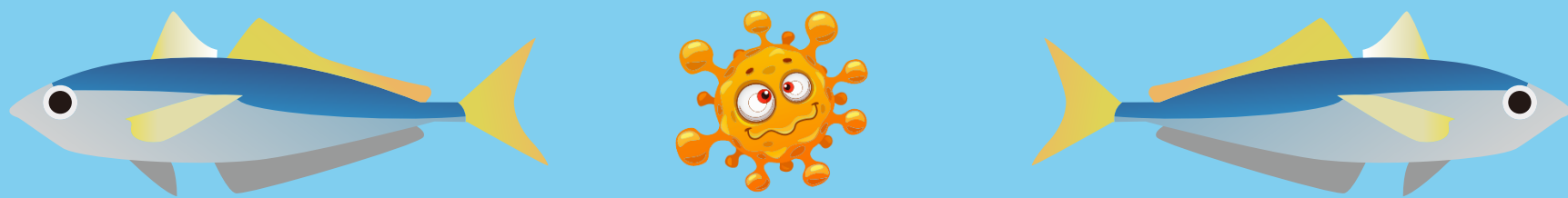




PACING PENGUINS



Penguins get their energy from fish. Activities they can do depends on how many fish they have. Managing your energy is the same.

HOW TO GAIN ENERGY

- Have a good night's sleep
- Manage pain
- Balanced diet/eat regularly
- Drink enough water
- Short, frequent rests
- Mindfulness/meditation
- Leave some energy spare
- Ask for help to do things
- Use equipment to help
- Do activities sitting down
- Know what takes up energy
- Medication to aid symptoms
- Avoid overdoing it
- Stabilise temperature

SENSIBLE ENERGY USE

- Plan your day/week/month
- Be flexible/have a backup plan
- Break activities into small parts
- Take mini breaks in activities
- Alternate easy/hard activities
- Do what makes you happy
- Learn what is most important
- Rest before you need to
- Spread your energy use out
- Learn activity energy demands
- Have regular quiet rest days
- Balance brain and body energy
- Use equipment/help as needed
- Match activity to energy

ENERGY DRAINS

- A bad night's sleep
- Staying up too late
- Not eating enough
- Making poor food choices
- Not eating or drinking enough
- Issues going to the toilet
- Side effects of medication
- Doing too much or too little
- Unmanaged symptoms
- Anxiety and worry
- Infection/Illness
- Being too hot or too cold
- Extreme emotions
- Unmanaged pain



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