

Coaching Tips & Encouragement: Living with Fatigue

Space to Breathe Therapy | Practical coaching support

Living with fatigue can affect far more than physical energy. It can change concentration, motivation, memory, confidence, social capacity and the amount of effort ordinary tasks require. This guide is not about pushing through. It is about understanding your available capacity and building a kinder, more realistic way of working with it.

Fatigue is information	Pacing is not giving in
A low-energy day is not a character flaw. Fatigue can be a signal that the body or mind needs recovery, reduced demand, medical review, emotional support, or a different rhythm.	Pacing means balancing activity and recovery so that one productive spell does not repeatedly lead to a crash. The aim is steadier functioning, not perfect productivity.

A practical energy check-in

Before deciding what you 'should' do, ask: What is my energy like right now? What absolutely needs doing? What can wait, be shortened, delegated or done differently? What recovery will I need afterwards? This shifts the focus from forcing the body to meet a plan to adapting the plan to the body.

Try thinking in three levels: **essential** tasks, **helpful** tasks and **optional** tasks. On a low-capacity day, completing the essentials may be enough. On a better day, resist the urge to use every ounce of available energy at once.

Brain fog and decision fatigue

Fatigue can make words harder to find and decisions feel disproportionately difficult. Reduce the number of decisions where possible. Keep short written prompts, repeatable routines, reminders and simple 'next step' lists. Break tasks into visible actions such as 'open the email', 'read the first paragraph' or 'put the washing beside the machine'.

Small progress still counts

A five-minute task, a shower, replying to one message, preparing food or choosing to rest before reaching empty can all be meaningful progress. Coaching can help separate genuine priorities from pressure, guilt and unrealistic expectations.

When fatigue needs more than coaching

Persistent, unexplained, new or worsening fatigue can have physical and psychological causes. Coaching can support routines, pacing and self-management, but it does not replace medical assessment. Seek appropriate healthcare advice if fatigue is significant, persistent, or accompanied by other concerning symptoms.

Your Fatigue-Friendly Coaching Plan

Use this page to create a plan that fits the energy you actually have, rather than the energy you wish you had.

1. My early signs that I am running low

What changes first - concentration, irritability, heaviness, pain, sensory tolerance, speech, motivation, headache, yawning or something else?

2. What drains me most

List tasks, environments, people, travel, noise, decisions or times of day that use more energy than expected.

3. What genuinely restores me

Rest does not have to mean sleep. Consider quiet, lying down, reduced sensory input, gentle movement, music, time alone, food, hydration or doing nothing.

4. My minimum-day plan

If capacity is very low, what are the few things that matter most today? Keep this deliberately small.

5. What I can make easier

What could be shortened, automated, prepared in advance, delegated, cancelled or completed in a different way?

A message to take with you

You do not have to earn rest by becoming completely exhausted first. Some days will hold more capacity than others. The goal is not to judge the difference; it is to notice it early enough to respond. A sustainable life is built not only around what you can achieve, but around what helps you remain well enough to keep living it.

Space to Breathe Therapy - coaching, reflection and practical support.