ME/CFS Diary 2 — Energy Savings Passbook

This diary is designed to help you break the sorts of lifestyle habits that you may unconsciously practice when you are well, but that could worsen your myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) symptoms or delay your recovery during a flare-up. The adoption of new, healthier behaviors that promote your recovery from ME/CFS and its symptoms can be life altering.

In order to change unconscious habits that do not serve you well, it is important to (1) become mindful of healthy habits, and (2) make a conscious effort to continue to practice them until more appropriate behaviors become second nature to you.

To form better habits that replace less healthy ones, please practice the following:

- 1. Eat your meals slowly and savor them.
- 2. When you go for a walk, stroll at a comfortable pace and relax your mind.
- 3. During activity, take a break before, not after, you begin to feel tired. If you are constantly tired, rest before your fatigue worsens or your concentration is impaired.
- **4.** When laying down or resting, if your mind is "idling", that is, you are ruminating on anxious thoughts and are struggling to manage them, recognize it and slow down your thinking.
- 5. Calm your mind so that you can objectively assess feelings rather than react to them.
- **6.** Breathe gently and regularly.

Practice the above behaviors morning, noon, and night.

- Award yourself one point each time you have successfully chosen to repeat the new healthier habit.
- If you do an activity satisfactorily but then experience a crash or post-exertional malaise (PEM), give yourself -5 points, record it, and try not to repeat it.

The practice of savoring food helps improve parasympathetic nervous system function and increases interoceptive awareness—your voice from within—that lets you know "I'm tired, I need to rest, I've overdone it." The practice of managing feelings and regulating breathing helps reduce pent-up emotions and idling—ruminations of negative thoughts—that can accompany various physical symptoms; it also helps lessen cognitive and emotional fatigue. Habitually slowing down to relax our minds and bodies is key to minimizing physical, cognitive and emotional fatigue, and may enable the cause of PEM to be identified. Always take effective breaks during your activities and routinely aim to live life at a pace that does not cause a physical or mental crash or PEM.

In the 'Energy Savings Passbook,' keep your focus on writing down what you have noticed, discovered, and/or changed through practicing healthier habits, rather than dwelling on details of the symptoms that trouble you.

M=Morning · N=Noon · E=Evening Month: Day:	Below: write what you noticed, what you tried to do, and what you found difficult.
(1) Savor the meal $M() \cdot N() \cdot E()$	Week 1-1
(2) Take a slow, leisurely walk $M(\cdot) \cdot N(\cdot) \cdot E(\cdot)$	
(3) Take a break before getting tired M () • N () • E ()	
(4) Reduce idling $M () \cdot N () \cdot E ()$	
(5) Regulate mood $M() \cdot N() \cdot E()$	
(6) Regulate breathing M () • N () • E ()	
(7) I crashed after the activity, even though I thought I was fine.	
Yes () · No ()	
Write the details in the box on the right.	
Today's energy savings (Points)	
Month: Day:	
(1) Savor the meal $M() \cdot N() \cdot E()$	
(2) Take a slow, leisurely walk M () • N () • E ()	
(3) Take a break before getting tired M () · N () · E ()	
(4) Reduce idling $M() \cdot N() \cdot E()$	
(5) Regulate mood $M() \cdot N() \cdot E()$	
(6) Regulate breathing $M() \cdot N() \cdot E()$	
(7) I crashed after the activity, even though I thought I was fine.	
Yes () · No ()	
Write the details in the box on the right.	
Today's energy savings (Points)	
Month: Day:	
(1) Savor the meal $M() \cdot N() \cdot E()$ (2) Take a slow, leisurely walk $M() \cdot N() \cdot E()$	
(3) Take a break before getting tired M () · N () · E ()	
(4) Reduce idling $M() \cdot N() \cdot E()$	
(5) Regulate mood $M() \cdot N() \cdot E()$	
(6) Regulate breathing $M() \cdot N() \cdot E()$	
(7) I crashed after the activity, even though I thought I was fine.	
Yes () · No ()	
Write the details in the box on the right.	
Today's energy savings (Points)	
Month: Day:	
(1) Savor the meal $M(\bigcirc) \cdot N(\bigcirc) \cdot E(\bigcirc)$	If you practiced a healthier habit, add a circle. 2
(2) Take a slow, leisurely walk $M() \cdot N(\bigcirc) \cdot E()$	You get 1 point for each circle.
(3) Take a break before getting tired $M() \cdot N() \cdot E(\bigcirc)$	1
(4) Reduce idling $M (\bigcirc) \cdot N (\bigcirc) \cdot E (\bigcirc)$	1
(5) Regulate mood $M() \cdot N(\bigcirc) \cdot E()$	1
(6) Regulate breathing $M() \cdot N(\bigcirc) \cdot E()$	1
(7) I crashed after the activity, even though I thought I was fine.	If you had crash and PEM, subtract 5 points.
Yes (○) · No ()	Describe what you did here: -5
Write the details in the box on the right.	Examples: I played the game for 1 hour. I read a book
Today's energy savings (2 Points)	for 15minutes, although my head became foggy.

M-Marning N-Naan - E-Evening	Month: Day:	Below: write what you noticed, what you tried to do, and what you found difficult.
M=Morning · N=Noon · E=Evening (1) Savor the meal	$M () \cdot N () \cdot E ()$	Week 1-2
(2) Take a slow, leisurely walk	$M () \cdot N () \cdot E ()$	
(3) Take a break before getting tired	$M () \cdot N () \cdot E ()$	
(4) Reduce idling	$M () \cdot N () \cdot E ()$	
(5) Regulate mood	$M () \cdot N () \cdot E ()$	
(6) Regulate breathing	$M () \cdot N () \cdot E ()$	
(7) I crashed after the activity, even t	though I thought I was fine.	
	Yes () · No ()	
Write the details in the box on the rig		
Today's energian	,	
(A) (A) (A) (A) (A)	Month: Day:	
(1) Savor the meal(2) Take a slow, leisurely walk	$\begin{array}{c} M () \cdot N () \cdot E () \\ M () \cdot N () \cdot E () \end{array}$	
(3) Take a break before getting tired		
(4) Reduce idling	$M () \cdot N () \cdot E ()$	
(5) Regulate mood	$M() \cdot N() \cdot E()$	
(6) Regulate breathing	$M () \cdot N () \cdot E ()$	
(7) I crashed after the activity, even t		
-	Yes () · No ()	
Write the details in the box on the rig		
Today's ener	gy savings (Points)	1
	Month: Day:	
(1) Savor the meal	$M () \cdot N () \cdot E ()$	
(2) Take a slow, leisurely walk	$M() \cdot N() \cdot E()$	
(3) Take a break before getting tired		
(4) Reduce idling	$M()\cdot N()\cdot E()$	
(5) Regulate mood	$M()\cdot N()\cdot E()$	
(6) Regulate breathing	$M() \cdot N() \cdot E()$	
(7) I crashed after the activity, even t		
we a tent at the late	Yes () · No ()	
Write the details in the box on the rig		
Today's energ	gy savings (Points) Month: Day:	1
(1) Savor the meal	$M () \cdot N () \cdot E ()$	T
(2) Take a slow, leisurely walk	$M () \cdot N () \cdot E ()$	
(3) Take a break before getting tired	$M () \cdot N () \cdot E ()$	
(4) Reduce idling	$M () \cdot N () \cdot E ()$	
(5) Regulate mood	$M () \cdot N () \cdot E ()$	
(6) Regulate breathing	$M () \cdot N () \cdot E ()$	
(7) I crashed after the activity, even t	though I thought I was fine	
	mought mought t was time.	
	Yes () · No ()	
Write the details in the box on the rig	Yes () · No ()	

M=Morning • N=Noon • E=Evening	Month:	Day:	Below: write what you noticed, what you tried to do, and what you found difficult.
(1) Savor the meal		() • E ()	Week 2-1
(2) Take a slow, leisurely walk		() • E ()	
(3) Take a break before getting tired	$M () \cdot N$	() • E ()	
(4) Reduce idling	$M () \cdot N$	() • E ()	
(5) Regulate mood	$M () \cdot N$	() • E ()	
(6) Regulate breathing	$M () \cdot N$	() • E ()	
(7) I crashed after the activity, even the	ough I though	at I was fine.	
	Yes () ·	No ()	
Write the details in the box on the right	nt.		
Today's energ	y savings (Points)	
	Month:	Day:	
(1) Savor the meal		() • E ()	
(2) Take a slow, leisurely walk		() • E ()	
(3) Take a break before getting tired		() • E ()	
(4) Reduce idling	$\mathbf{M} () \cdot \mathbf{N}$	() • E ()	
(5) Regulate mood	$\mathbf{M} () \cdot \mathbf{N}$	() • E ()	
(6) Regulate breathing	$\mathbf{M} () \cdot \mathbf{N}$	() • E ()	
(7) I crashed after the activity, even the	ough I though	it I was fine.	
	Yes () •	No ()	
Write the details in the box on the right	nt.		
Today's energ	y savings (Points)	
	Month:	Day:	
(1) Savor the meal		() • E ()	
(2) Take a slow, leisurely walk		() • E ()	
(3) Take a break before getting tired		() • E ()	
(4) Reduce idling		() • E ()	
(5) Regulate mood		() • E ()	
(6) Regulate breathing		() • E ()	
(7) I crashed after the activity, even the			
	Yes () ·	No ()	
Write the details in the box on the right			
Today's energ	y savings (Points)	
Examples of Impressions and Reali	zations:		
I noticed that some of the things I thou	ught were oka	y cause crashes	and post-exertional malaise.
I found it much easier to rest before g	etting tired. I r	now know when	to rest.
I am now able to prioritize what needs	s to be done or	n a daily basis.	
I can now eat and think more slowly	which I could	not do at first	Then, my mind was no longer naturally occupied with anxious

Even when I feel anxious, I am able to think in an organized manner. I don't feel dizzy anymore. My brain fog has cleared up.

thoughts, and I did not think about them as much.

Words started to come to my mind.

M=Morning · N=Noon · E=Evening	Month	Day:
(1) Savor the meal		() • E ()
(2) Take a slow, leisurely walk		() • E ()
(3) Take a break before getting tired		() • E ()
(4) Reduce idling	M () • N	() • E ()
(5) Regulate mood		() • E ()
(6) Regulate breathing		() • E ()
(7) I crashed after the activity, even the		
(·)-	Yes () ·	
Write the details in the box on the right		No ()
Today's energ		Points)
Today 5 chorg	Month:	Day:
(1) Savor the meal		() • E ()
(2) Take a slow, leisurely walk		() • E ()
(3) Take a break before getting tired	$M () \cdot N$	() • E ()
(4) Reduce idling	M () • N	() • E ()
(5) Regulate mood	M () · N	() • E ()
(6) Regulate breathing		() • E ()
(7) I crashed after the activity, even the		
(1) 2	Yes () ·	
Write the details in the box on the right		No ()
Today's energ		Points)
Ioung o chirig	Month:	Day:
(1) Savor the meal		() • E ()
(2) Take a slow, leisurely walk		() • E ()
(3) Take a break before getting tired	M () M	() • E ()
	$\mathbf{M} () \cdot \mathbf{N}$	
(4) Reduce idling		() • E ()
(4) Reduce idling(5) Regulate mood	M () · N	
(5) Regulate mood	M () · N M () · N	() • E () () • E ()
(5) Regulate mood(6) Regulate breathing	M () · N M () · N M () · N	() • E () () • E () () • E ()
(5) Regulate mood	M()·N M()·N M()·N nough I though	() • E () () • E () () • E () at I was fine.
(5) Regulate mood(6) Regulate breathing(7) I crashed after the activity, even the	M () • N M () • N M () • N M () • N nough I though Yes () •	() • E () () • E () () • E () at I was fine.
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(5) Regulate mood (6) Regulate breathing (7) I crashed after the activity, even the write the details in the box on the right. Today's energ	M()·N M()·N M()·N mough I though Yes ()· ht. y savings (Month:	() • E () () • E () () • E () nt I was fine. • No () Points) Day:
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(5) Regulate mood (6) Regulate breathing (7) I crashed after the activity, even the Write the details in the box on the right Today's energ (1) Savor the meal (2) Take a slow, leisurely walk (3) Take a break before getting tired (4) Reduce idling (5) Regulate mood	M () · N M () · N M () · N M () · N nough I though Yes () · ht. y savings (Month: M () · N M () · N M () · N M () · N M () · N	() • E () () • E () () • E () nt I was fine. • No () Points) Day: () • E () () • E () () • E () () • E () () • E ()
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(5) Regulate mood (6) Regulate breathing (7) I crashed after the activity, even the Write the details in the box on the right Today's energ (1) Savor the meal (2) Take a slow, leisurely walk (3) Take a break before getting tired (4) Reduce idling (5) Regulate mood (6) Regulate breathing (7) I crashed after the activity, even the	M () · N M () · N M () · N M () · N M () · N Hough I though Yes () · ht. y savings (Month: M () · N M () · N M () · N M () · N M () · N M () · N Hough I though Yes () ·	() • E () () • E () () • E () () • E () Int I was fine. • No () Points) Day: () • E () () • E () () • E () () • E () () • E () () • E () () • E () () • E () () • E () Int I was fine.
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	3.5 1		Below: write what you noticed, what you tried to do, and
M=Morning · N=Noon · E=Evening		Day:	what you found difficult.
(1) Savor the meal(2) Take a slow, leisurely walk		() • E ()	Week 3-1
(3) Take a break before getting tired	$M () \cdot N$	() • E ()	
(4) Reduce idling	$M () \cdot N$	() • E ()	
(5) Regulate mood	$M () \cdot N$	() • E ()	
(6) Regulate breathing	$M () \cdot N$	() • E ()	
(7) I crashed after the activity, even the	ough I though	t I was fine.	
	Yes () ·	No ()	
Write the details in the box on the rig	ht.		
Today's energ	y savings (Points)	
	Month:	Day:	
(1) Savor the meal		() • E ()	
(2) Take a slow, leisurely walk		() • E ()	
(3) Take a break before getting tired		() • E ()	
(4) Reduce idling		() • E ()	
(5) Regulate mood		() • E ()	
(6) Regulate breathing		() • E ()	
(7) I crashed after the activity, even the	ough I though	t I was fine.	
	Yes () ·	No ()	
Write the details in the box on the rigi	ht.		
Today's energ	y savings (Points)	
	Month:	Day:	
(1) Savor the meal(2) Take a slow, leisurely walk		() • E () () • E ()	
(3) Take a break before getting tired	$M () \cdot N$	() • E ()	
(4) Reduce idling	$M () \cdot N$	() • E ()	
(5) Regulate mood		() • E ()	
(6) Regulate breathing	$M () \cdot N$	() • E ()	
(7) I crashed after the activity, even the	ough I though	t I was fine.	
	Yes () •	No ()	
Write the details in the box on the rigi	ht.		
Today's energ	y savings (Points)	
Examples of Impressions and Reali	zations:		
Have you made room in your mind to	relax and be p	peaceful? Why l	nave you not been able to do this before? Please discuss this
with your doctor.			
If you are worried that painful memor	ries may come	to mind, please	work with your doctor to resolve them.
•	•	•	nt be a time when you let your guard down and inadvertently
overdo it, thinking "this much will be			
Be on your guard, don't let your guard			

	136 1	ъ	Below: write what you noticed, what you tried to do, and
M=Morning · N=Noon · E=Evening		Day:	what you found difficult.
(1) Savor the meal(2) Take a slow, leisurely walk		() • E () () • E ()	Week 3-2
(3) Take a break before getting tired		() • E ()	
(4) Reduce idling		() · E ()	
(5) Regulate mood		() · E ()	
(6) Regulate breathing		() • E ()	
(7) I crashed after the activity, even the	, ,	` , , , ,	
(/) I erashed arter the activity, even the	Yes () ·		
Write the details in the box on the right		110 ()	
Today's energ		Points)	
	Month:	Day:	
(1) Savor the meal		() • E ()	
(2) Take a slow, leisurely walk		() • E ()	
(3) Take a break before getting tired	M () • N	() • E ()	
(4) Reduce idling	$M() \cdot N$	() • E ()	
(5) Regulate mood	$M() \cdot N$	() • E ()	
(6) Regulate breathing	$M () \cdot N$	() • E ()	
(7) I crashed after the activity, even the	ough I though	t I was fine.	
	Yes () ·	No ()	
Write the details in the box on the right		, ,	
Today's energ	y savings (Points)	
	Month:	Day:	
(1) Savor the meal	M () • N	() • E ()	
(2) Take a slow, leisurely walk	$M () \cdot N$	() • E ()	
(3) Take a break before getting tired		() • E ()	
(4) Reduce idling		() • E ()	
(5) Regulate mood		() • E ()	
(6) Regulate breathing		() • E ()	
(7) I crashed after the activity, even the	ough I though	t I was fine.	
	Yes () •	No ()	
Write the details in the box on the right	ht.		
Today's energ	y savings (Points)	
	Month:	Day:	
(1) Savor the meal		() • E ()	
(2) Take a slow, leisurely walk		() • E ()	
(3) Take a break before getting tired		() · E ()	
(4) Reduce idling (5) Pagulata mood		() • E () () • E ()	
(5) Regulate mood(6) Regulate breathing		$() \cdot E ()$	
, , ,			
(7) I crashed after the activity, even the	_		
Write the details in the how on the mind	Yes () ·	NO ()	
Write the details in the box on the right		D	
Today's energ	y savings (Points)	

	3.6 1	D.	Below: write what you noticed, what you tried to do, and
M=Morning · N=Noon · E=Evening		Day:	what you found difficult.
(1) Savor the meal(2) Take a slow, leisurely walk		() • E ()	Week 4-1
(3) Take a break before getting tired	$M () \cdot N$	() • E ()	
(4) Reduce idling	$M () \cdot N$	() • E ()	
(5) Regulate mood	$M () \cdot N$	() • E ()	
(6) Regulate breathing	$M () \cdot N$	() • E ()	
(7) I crashed after the activity, even the	ough I though	t I was fine.	
	Yes ()·	No ()	
Write the details in the box on the rigi	ht.		
Today's energ	y savings (Points)	
	Month:	Day:	
(1) Savor the meal(2) Take a slow, leisurely walk		() • E () () • E ()	
(3) Take a break before getting tired	$\mathbf{M}() \cdot \mathbf{N}$	() • E ()	
(4) Reduce idling	$M () \cdot N$	() • E ()	
(5) Regulate mood	$M () \cdot N$	() • E ()	
(6) Regulate breathing	$M () \cdot N$	() • E ()	
(7) I crashed after the activity, even the	ough I though	t I was fine.	
	Yes ().	No ()	
Write the details in the box on the rigi	ht.		
Today's energ	y savings (Points)	
	Month:	Day:	
(1) Savor the meal		() • E ()	
(2) Take a slow, leisurely walk		() • E ()	
(3) Take a break before getting tired	$M()\cdot N$		
(4) Reduce idling		() • E ()	
(5) Regulate mood		() • E ()	
(6) Regulate breathing		() • E ()	
(7) I crashed after the activity, even the	-		
	Yes () ·	No ()	
Write the details in the box on the rig			
Today's energ	y savings (Points)	
Examples of Impressions and Reali	zations:		
When I finish one thing, I take a breat	th. This becam	e second nature	to me.

M=Morning · N=Noon · E=Evening	Month:	Day:	Below: write what you noticed, what you tried to do, and what you found difficult.
(1) Savor the meal		() • E ()	Week 4-2
(2) Take a slow, leisurely walk		$()\cdot E()$	Week 4-2
(3) Take a break before getting tired		() • E ()	
(4) Reduce idling	$M () \cdot N$	() • E ()	
(5) Regulate mood	M () • N	() • E ()	
(6) Regulate breathing	M () • N	() • E ()	
(7) I crashed after the activity, even the	ough I though	t I was fine.	
	Yes () ·	No ()	
Write the details in the box on the right	ht.		
Today's energ	y savings (Points)	
	Month:	Day:	
(1) Savor the meal		() • E ()	
(2) Take a slow, leisurely walk		() • E ()	
(3) Take a break before getting tired		() • E ()	
(4) Reduce idling		() • E ()	
(5) Regulate mood		() • E ()	
(6) Regulate breathing	$M () \cdot N$	() • E ()	
(7) I crashed after the activity, even the	ough I though	t I was fine.	
	Yes () ·	No ()	
Write the details in the box on the rigi	ht.		
Today's energ	y savings (Points)	
	Month:	Day:	
(1) Savor the meal		() • E ()	
(2) Take a slow, leisurely walk		() • E ()	
(3) Take a break before getting tired		() • E ()	
(4) Reduce idling	` '	() • E ()	
(5) Regulate mood		() • E ()	
(6) Regulate breathing		() • E ()	
(7) I crashed after the activity, even the	ough I though	t I was fine.	
	Yes () •	No ()	
Write the details in the box on the rig		D - !4a)	
Today's energ	y savings (Month:	Points) Day:	
(1) Savor the meal		() • E ()	
(2) Take a slow, leisurely walk		() • E ()	
(3) Take a break before getting tired	$M () \cdot N$	() • E ()	
(4) Reduce idling	$M () \cdot N$	() • E ()	
(5) Regulate mood	$M () \cdot N$	() • E ()	
(6) Regulate breathing	$M () \cdot N$	() • E ()	
(7) I crashed after the activity, even the	ough I though	at I was fine.	
	Yes () ·	No ()	
Write the details in the box on the rigi	ht.		
Today's energ	y savings (Points)	

Reflection Sheet

Describe if there is anything that you have changed, started, or stopped doing since you began practicing healthier habits in terms of how you cope or think when you are tired.

(1) Describe what you did, the results, and your thoughts at that time.

Former mindset	Changes and planned approaches that have
1 office minuset	been successful
Evenule 1.	
Example 1:	Example 1:
What I did: When my fatigue level was a 7, on a	I did housework for 30 minutes when my
scale of 1 to 10, I talked with a friend for 2 hours.	fatigue level was a 7 on a scale of 1 to 10.
What happened: The next day, I couldn't get out	I managed to do my housework for 30 min.
of bed.	From now on, I thought I could do my
My thoughts at the time: I did it unknowingly.	housework within 30 minutes.
Example 2:	Example 2:
What I did: When my fatigue level was a 3 on a	When my fatigue was at level 3 on a scale of 1
scale of 1 to 10, I did the laundry.	to 10, I noticed I was fine if I took a break
What happened: Afterwards I felt sick.	before I got tired.
My thoughts at the time: Since I was the only	
one at home, I had to do it when I was feeling	
relatively well.	
<u> </u>	<u>l</u>
(2) How were you able to make such a change?	
(_, and	

(3) Describe how you felt after working on the tasks, such as eating slowly while savoring your meals, walking slowly while enjoying the scenery, thinking slowly and speaking slowly. Example: Before working on the tasks, I was and after working on them, I
(4) Are you now able to recognize the signs of brain fatigue?
(5) Have you become better at controlling your idling? If so, what did you do to improve it?
(6) Have you been successful at regulating your mood? What was most helpful for you?
(7) Describe what you still find difficult to do.