

NEURO FATIGUE

Neuro-fatigue is one of the most incapacitating effects of a brain injury, as it impacts on everything the injured person does, both physically and mentally. Tiredness caused by neuro fatigue can also cause the injured person to suffer emotionally.

Early on in recovery, the brain injury survivor can expect to find that they will tire easily after any kind of activity, particularly after partaking in activities that require concentration or physical effort. For someone recovering from brain injury, activities such as talking to family and friends or simply watching TV can result in extreme tiredness. Being aware of this increase fatigue can be very upsetting for the brain injury survivor and can have a real negative impact upon their recovery.

It is often the case that those in recovery will try to push themselves too hard to complete a task, in the hope that they might overcome their fatigue. In the majority of cases this has the complete opposite effect and can lead to increased fatigue in the long-term. During recovery it can take time to build up energy. It is advised that you take regular rests in-between activities and also when you feel tired.

To help you cope with fatigue it may help to keep a diary of your energy levels throughout the day over the course of a week or two. This will help you keep a track of particular high or low points of energy enabling you to organise tasks around them accordingly.

The responsibility of ensuring the ABI survivor doesn't overdo things often falls to their family members/friends. It is important for them to recognise the tell-tale signs of fatigue, which include:

- Looking drawn or tense
- Being a pale or greyish colour
- Being irritability
- Becoming restless or distracted

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Wilberforce Health Centre,
6-10 Story St, Hull, East Riding of Yorkshire HU1 3SA
Registered Charity Number: 1164620



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