

HOW BALANCE IS YOUR LIFE? Progress by stages

Despite the rest, you feel overwhelmed. Some actions make you feel tired (preparing meals, accounting), while some actions seem rather neutral (doing the dishes, writing emails), and others bring you energy (cooking for your family to music, presenting a project in a meeting, reading, talking with your spouse).

For the next week, print out the sheet and leave it in your sight to make a list of those actions you do in your professional and personal life according to these 3 categories. This will help you to move forward slowly and to better recognize how you are functioning at the beginning.

Before progressing, make sure you have a minimum of a few weeks without post-exertional symptoms (PEM).

Actions that tire me, take energy or increase pain

- 1.
- 2.
- 3.
- 4.
- 5.

Neutral actions that I do quietly.

- 1.
- 2.
- 3.
- 4.
- 5.

Actions that I like, that give me energy or do not generate pain

- 1.
- 2.
- 3.
- 4.
- 5.

Balance is not just about well-being!

To feel fulfilled, you need to put actions into your daily life that give you pleasure and energy. However, to be proud of yourself and build the life that inspires you after the Covid, you also need to do actions that cost you in the moment but that are in line with your desires and that bring you results (doing sports to feel good about yourself for example).

Actions that are a bit painful at the time but that are in line with my dreams.

- 1.
- 2.
- 3.
- 4.
- 5.

At the same time, we invite you to reflect on the next questions based on the resilience protocol, whose scientific effectiveness has been widely demonstrated by Rachel Thibault, occupational therapist.

- 1- 10 things you like to do (examples): helping, walking, talking, crossword puzzles ...

- 2- 10 things you are good at (examples): special lunches for children, swimming, art ...

- 3- 10 occupations in line with your values (examples): mutual aid, productivity, help, respect, kindness, recognition ...

Prioritize 3 occupations / column (examples) and try one of these occupations / column / day:

things you like	Occupations you are good at	Significant occupations

*By adapting your rhythm, the pace, the intensity and by dosing, do not put aside your personality.