



## Can we keep it simple? WHERE DO YOU STAND?

ENERGY LEVELS	9h00	12h00	15h00	19h00
☺ I have energy I function well				
☹ I feel slightly tired I need to slow down to keep going: take a break, listen actively rather than getting involved in meetings or at home, breathe, alternate with other activities				
The idea is to progress in increments, so try to increase the amount of activity that keeps you in the yellow and green. If you absolutely must do a more energy consuming activity, simplify ALL OTHER DAILY REQUIREMENTS				
☹ I feel moderate fatigue I modify my activities: I go back to the agenda and make sure I don't stray from the day's intention, I change my expectations, I divide the activity into steps, etc.				
☹ I am really tired I take a few breaths, give myself a treat and if necessary, I change activities... but first... I : -Recognize the signs of fatigue -Accept and respond to them to avoid falling into exhaustion -Investigate to understand and better organize my day in the future -Nurture and I do not ignore the fatigue				
☹ Well... I'm exhausted I don't work anymore, so I stop I ask for help and I will wait until I am more stable before resuming this activity				

Adapted from Guide de l'énergie, *Institut de réadaptation en déficience physique de Québec (2014)*.

The more frequently you take your internal temperature regarding energy, the more you become an expert on your health