

The 5 Step Rest Decision Tree

Step 03 Evaluate the Consequences

What will happen if I don't complete this task right now?

Minor Consequence

Allow yourself to stop, rest, and return to the task later when you feel more refreshed. **Go to 04.**

Major Consequence

Break the task into small, more manageable steps, incorporate short rest breaks as you work through it. **Go to 04.**

STEP 02 Assess the Activity

Is the task or activity I'm engaged in essential right now?

YES

Can it be simplified or delegated? **Go to 03.**

NO

Pause or stop the activity. Choose a restful strategy. **Go to 04.**

STEP 04 Choose a Rest Strategy

What type of rest do I need most right now?

Physical, Mental, Emotional, Spiritual, Relational, Social, Sensory or Environmental.

www.fndwellbeing.com/simplyrest

STEP 01 Recognise the Situation

Am I feeling tired, overwhelmed, or stressed right now? Are my symptoms becoming worse?

YES

Go to 02.

NO

Schedule a rest later.

STEP 05 Review After Rest

Do I feel better or more balanced after resting?

NO

Consider a different type of rest or take more time. **Go to 04.**

YES

Return to your task or activity.

© FND Wellbeing Ltd

Discover *Pacing Pathways: Navigating Life With FND* to break the 'Boom & Bust' cycle of Fatigue

www.fndwellbeing.com