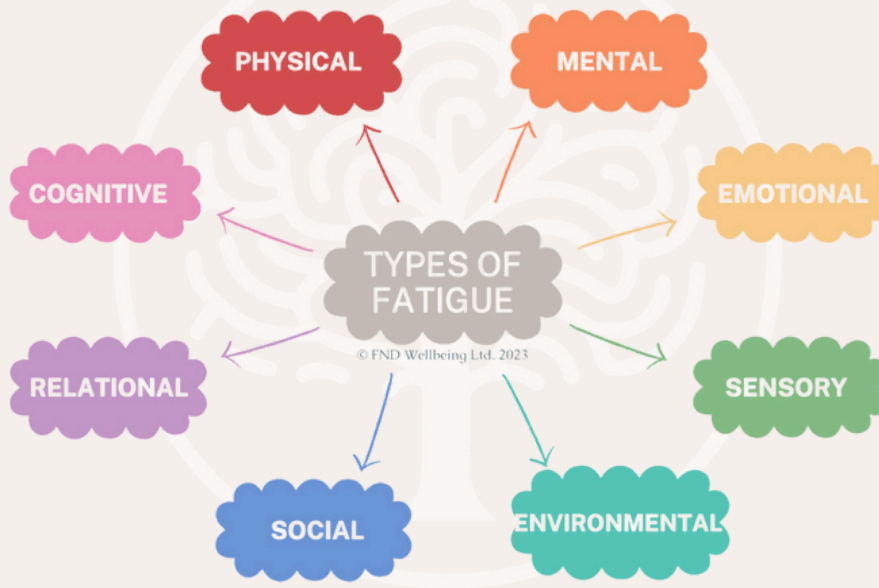




FND Wellbeing

FND: Why The Spoon Theory Is Not Enough!

8 Types Of Fatigue With FND



Which types of fatigue do you feel affect you the most?

4 Stages of Fatigue

- 1/ Crash (Bang! Whollop!)
- 2/ Boom & Bust)
- 3/ Re-entry / Exploration
- 4/ Integration

4 Strategies to Recovery

- 1/ Nurture & Rest
- 2/ Boundaries & Routine
- 3/ Flow State
- 4/ Embodied way of Life with all 3 elements

Which stage of fatigue reflects where you are right now?

What's your strategy to recovery?

What's one thing you can do today to help with your fatigue?