

# Combating Autoimmune Fatigue:

## a 6-Step Playbook

Overcoming daily fatigue can be done with these 6 steps to maximize your energy

### 1. Pacing Your Activity-- Prioritizing and Planning Your Day

- Schedule recovery breaks just like you schedule meetings on your calendar
- Use a daily planner to color-code activities into high-energy, medium-energy, and restorative breaks
- What is your Peak Energy time?
- Prioritize your activities to use peak energy times for the toughest work
- Learn Time Management techniques
- Review your daily schedule the night before, to mentally prepare yourself for the next day's demands
- Organize your workspace so your physical activity is most efficient and optimized while you work
- Use Technology and Tools (cell phone, planners, lists, filing/files, calendars, alarms, reminder notes, etc.)
- Learn Work Simplification and Energy Conservation principles to use at work and at home
- De-clutter and organize your office and home (esp. kitchen, bathrooms, and office space)



## 2. Sleep Optimization

- Develop a daily bedtime routine to prepare for sleep(wind down rituals; even on weekends)
- No food 2 hours before bedtime/sleep time
- Eliminate the **Blue**/**Green** light from the bedroom
- Keep bedroom temp at 68°F
- No TV or computer work that “charges you up” 2 hours before sleep time
- No caffeine after 12:00 p.m. (or after midnight if working night shift)
- Choose bedtime for your work schedule and for your Chronotype
- Sleep in complete darkness

## 3. Nutrition: Food and Beverage Intake

- Learn what an Anti-inflammatory Diet is, slowly adopt that diet
- Stabilize Blood Sugar levels--Avoid high sugar foods, especially at work, in the afternoons
- Eat a high-protein lunch
- Eat more greens (esp. dark greens, and whole grains)
- Eat more Omega-3 foods during day
- Minimize processed foods
- Avoid alcoholic drinks at least 2 hours before bedtime
- Drink water throughout the day (one glass every hour), sugar-free drinks
- Eliminate soda pop from your diet
- Eat “slow-digesting” carbs
- Eat Healthy Fats

## 4. Mind—Body Stress Regulation

- Learn breathing methods that calm you(e.g., Deep Diaphragmatic breathing, Physiologic Sighs, shallow/slow breathing, use 4-4-6 method (inhale for count of 4, then hold breath for count of 4, then exhale slowly for count of 6)





- Use short meditation recordings before high-stress or high-energy-demand activities at work
- Learn 5-minute Visual Imagery routines to use whenever stressful moments are felt
- Exposure to bright light within 30 minutes after waking
- Do at least one stress-free thing every day that you enjoy doing

## **5. Movement and Gentle Exercise**

- Do stretching (is best movement), bending exercises throughout the day, even in your office (desk/chair exercises, 5 lb. dumbbells, TheraBand)
- Balance exercises
- Spinal/Neck Posture practice
- Focus on Consistency, not Intensity
- Walk at work during lunchtime (a walking group)
- Go to the exercise club after work on the way home
- No exercise within 2 hours of bedtime

## **6. Mental and Emotional Resilience**

- Learn to feel self-compassion, self-forgiveness
- Start the day with a Positive Mindset routine (while brushing teeth, washing face, praying, Bible reading, listening to favorite music, etc.)
- Name one positive thing that happened this week, yesterday
- Name one thing to be grateful for each day (choose a daily time to do this, keep a log)
- Eliminate one Bad (Unhealthy) Habit; Adopt one Good (Healthy) Habit (do this every 6 months; use a Habit-Change method—there are several)
- Identify your Purpose in Life; incorporate something in your daily routine that relates to your life purpose

**Closing thought:** This playbook is not about eliminating fatigue entirely. It's about achieving consistent energy levels, reducing crashes, and performing your best throughout the day—at work and at home.

## **AUTO IMMUNE FATIGUE PLAYBOOK**



## Warning Signs to Watch For

Be aware of “**Post-exertional malaise**” (PEM), which can occur after physical, mental, or emotional effort and action that exceeds your body’s current energy reserves.

Warning signs may include unusual exhaustion that lasts for more than 24 hours, a sudden increase in pain, brain fog, or sleep that does not restore your energy by the next morning.

Overexertion can also appear as dizziness, rapid heart rate, shortness of breath, or a noticeable energy “crash” that is out of proportion to the effort expended.

If you notice that smaller tasks trigger enormous fatigue or your recovery is taking longer than usual, these may be early signs that you are pushing yourself past your limits.

Keep track of these patterns in your journal so you can identify personal triggers and adjust your activity pacing before these symptoms develop.

Always listen to your body—what feels like you’re “just pushing through” today may set back your energy levels and immune balance tomorrow.

If symptoms suddenly escalate, interfere with daily functioning, or are accompanied by new or concerning signs, such as chest pain, severe dizziness, or shortness of breath, consult a healthcare provider immediately. Share your journal and documented observations with your healthcare provider.

## Appendix: Weekly Tracking Form

Use this form to track your daily sleep quality, energy levels, and weekly averages. This Excel sheet is provided in editable format so you can customize it as needed. Please refer to the attached file:

 [PLAYBOOK Tracking Form.xlsx](#)

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