

PACING PENGUINS

Penguins get their energy from fish. Activities they do depends on how many fish they have. Managing your energy is the same.



How to gain energy

Have a good night's sleep

Manage pain

Balanced diet/
eat often

Drink enough water

Short frequent rests

Mindfulness/
meditation

Leave some energy
spare

Ask for help to do
things

Use equipment to
help

Do activities sitting
down

Know what takes
up energy

Medication to aid
symptoms

Avoid overdoing it

Stabilise temperature

Sensible energy use

Plan your day/week/
month

Be flexible/have a
back-up plan

Break activities into
small parts

Take mini-breaks in
activities

Alternate easy/hard
activities

Do what makes you
happy

Learn what is most
important

Rest before you
need to

Spread your energy
use out

Learn activity energy
demands

Have regular quiet
rest days

Balance brain and
body energy

Use equipment/help
as needed

Match activity to
energy

Energy drains

Have a bad night's
sleep

Staying up too late

Not eating enough

Making poor food
choices

Not drinking enough

Issues going to the
toilet

Side effects of
medication

Doing too much or
too little

Unmanaged
symptoms

Anxiety and worry

Infection/illness

Being too hot or too
cold

Extreme emotions

Unmanaged pain



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