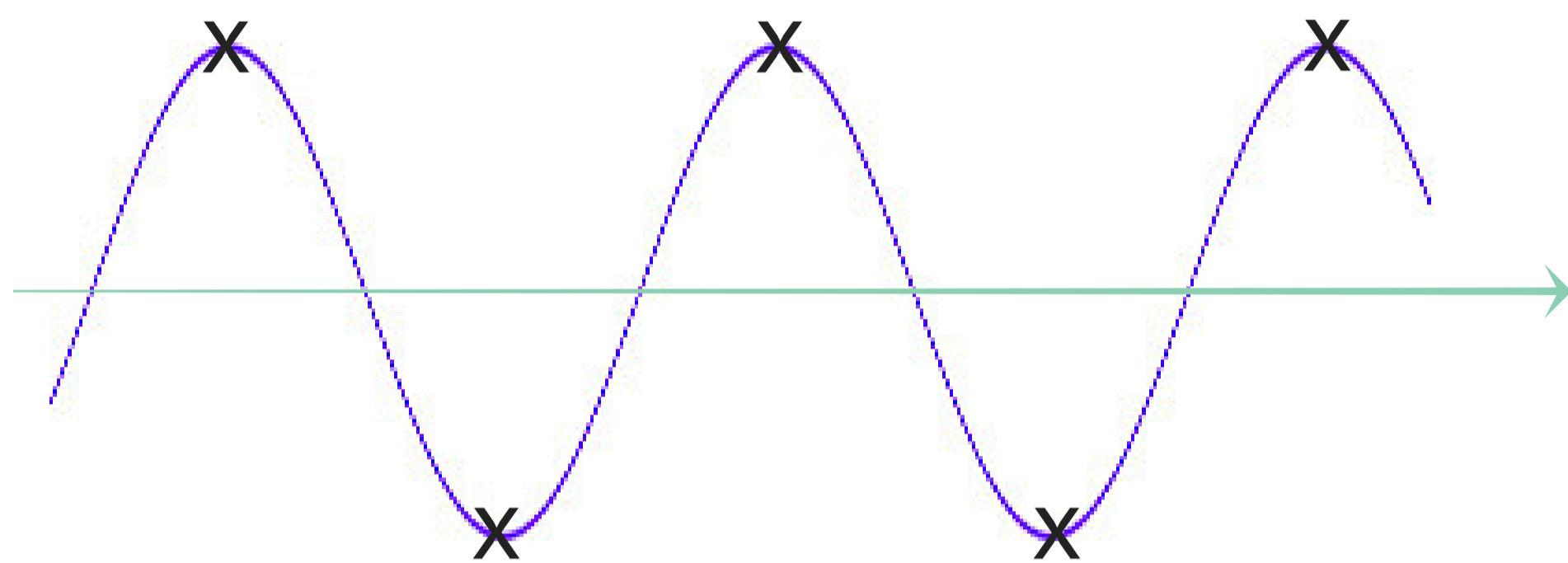


# Avoiding the Energy Crashes

## Good Days



Where you want to be

## Bad Days

Sometimes it can feel like you have random good and bad days. The temptation is to do as much as you possibly can when you feel better. Unfortunately you often do too much and this causes a crash, a bad day/week/longer. The trick is to do less than you are physically able on a good day, so that you save some energy while making sure you keep resting. It's hard to do it, to be so strict but it is worth it to avoid the crash.

It is possible to get to a stage where you have regular energy levels and symptoms, without the highs and lows. This makes life easier as you're more able to plan what you are able to do.

When you are consistently feeling good over a period of weeks or months you can **slowly** start to increase your activity levels. Try just one small increase for a week and see how you get on. More bad days? Cut back again. It's a trial and error system but your body will give you very clear signs if you're doing the right thing or not.

If you do have a bad day don't beat yourself up. Things like stress or viruses can't be avoided Rest, cut back on what you're doing and know that you will feel better again.