

Focus on prioritising

Why do we need to look at Prioritising?

Medical conditions and treatments can affect our ability to complete the activities that we want to and need to do. We all have different ideas about what are important to us and sometimes this is difficult to explain to the people around us. In this information we will cover different ways of identifying what activities are important for us to do. Prioritising can be considered the most important strategy to manage fatigue.

Why is it important?

The activities we value and take part in affect how we view ourselves. Through life we make choices about the work we do, the leisure activities we join and the way in which we manage our home lives. Throughout most of our lives we realise that we cannot do everything and call on help from others or make choices about what we can and cannot do. When our abilities are affected by changes in our health, such choices can be very difficult to make and we can feel frustration and resentment making them. Having a healthier approach to these decisions can lessen the impact on our mental health and can lessen the impact of the symptom, such as fatigue, breathlessness or pain. Feeling clear about our priorities helps communication with others (see 'focus on communication').

Hints, tips and useful information

- Set realistic and achievable goals
- Does everything need to be done today
- Is it something I want to do and is it important to me?

Get practical

There are some worksheets to try which help focus on answering some of these questions

- 1) Priorities
- 2) Activities in my week
- 3) Roles that are important to me
- 4) Set some achievable goals – use the 'focus on ...goal setting' worksheets

Remember

Our priorities are individual and it is important to understand these so that we can communicate to other people who may not share those priorities!