

Minimising Crashes

Periods of intense symptoms, often called crashes, setbacks or flares, are a common and often demoralising part of chronic illnesses. To minimise crashes, we can look at:

1. Strategies to limit the severity of crashes

Some strategies might include:

- Take extra rest: Get lots of rest.
- Return to normal slowly: Take extra rest even if the crash seems over.
- Speak supportively to yourself
- Stay connected to others.

2. Identifying crash causes

Potential triggers might include:

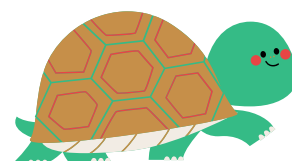
- Overexertion: push and crash.
- Sensory overload
- Travel and other special events
- Poor sleep
- Stress
- Other illnesses
- Stressful relationships.

3. Preventing crashes

Strategies for preventing crashes might include:

- Pacing
- Controlling stress
- Immediately act on warning signals from your body.
- Routines: e.g. scheduled rests.
- Mental Adjustments e.g. expectations
- Assertiveness

Information in this factsheet is adapted from “Managing Chronic Fatigue Syndrome and Fibromyalgia” by Bruce Campbell. This factsheet is part of our Club Tortoise program for pacing with energy-limiting conditions.



For more information or help managing your condition:

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