

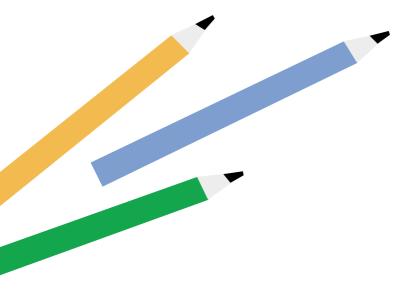
# **Activity diary**

Long covid groupwork programme



### **Contents**

Before you start the group	3
Diary	5
Diary example	6



## Before you start the group

As part of the virtual group which you will be attending, you will be receiving two sessions from the fatigue specialist occupational therapists. To form part of these sessions, we would like you to keep an activity diary for one week, which we will discuss within the first session.

Please have this to hand when you attend the two fatigue sessions.

### Why keep an activity diary?

- They are a good way to start assessing what you are doing
- They can give you a starting point and help you understand how you are using your energy
- Using the traffic light system can help you assess the demands on your energy, how long you do things for and when you do them
- They can help you identify 'boom and bust' patterns and when in the day you prioritise quality periods of rest

Using a colour coded activity diary can help monitor your activity and energy levels.

- Start by writing down the activities that you do for a week.
- Think about how demanding each one was for you (don't worry about how difficult anyone else may have found it)

#### Colour code activities as follows:

High demand
Medium demand
Low demand
Sleep
Relaxation

- Avoid too many high demand activities in one day
- Balance activity with rest

### **Calendar**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7am							
8am							
9am							
10am							
11am							
Noon							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
Late evening and overnight							

Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Relaxing music	Guided meditation	Body scan	Mindfulness	Guided meditation	Guided meditation	Guided meditation
Phone frienc	Watch TV	Watch TV	Listen to audio book	Wash up	Watch TV	Listen to audio book
Wash up	Watch film	Wash up	Wash up	Puzzle on ipad	Tea	Watch TV
Tea	Tea	Tea	Теа	Теа	Muscle relaxation	Теа
Computer	Deep breathing	Deep breathing	Read	Muscle relaxation	Walk	Muscle relaxation
Muscle relaxation	Put washing on	Phone call	Relaxing music	Walk	Deep breathing	Walk
Coffee with friend	Put shopping away	Zoom call	Gentle yoga	Baking	Computer	Rest
Lunch	Rest	Lunch	Lunch	Lunch	Lunch	Lunch
Emails	Shopping	lroning	Rest	Deep breathing	Phone friend	Prepare veg
Baking	Phone call	Visualiastion exercise	Clean bathroom	Computer	Meditation	Meditation
Gentle yoga	Meditation	Shopping list	Dust	Wash up	Clean floor	Vac
Get dressed	Walk	Get dressed	Get dressed	Get dressed	Wash up	Get dressed
Read book	Get dressed	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Breakfast	Breakfast	Deep breathing	Relaxing music	Deep breathing	Get dressed	Deep breathing
Wash	Wash	Shower	Wash	Shower	Wash	Shower
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Sun	Sat	Fri	Thu	Wed	Tue	Mon

#### **Patient Advice and Liaison Service**

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call NHS 111 for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

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