

Patient information

CFS – Further information and useful links

Stress management and relaxation:

Relaxing and finding ways to manage your stress levels is very important. Everyone has different ways of relaxing. It is important to find out what works best for you.

Understanding feelings of stress and anxiety is also important. We have put together a list of helpful resources for you to try.

[Fight Flight Freeze – A Guide to Anxiety for Kids - YouTube](#)

[Box breathing relaxation technique: how to calm feelings of stress or anxiety – YouTube - Search \(bing.com\)](#)

[The 5-4-3-2-1 Method: A Grounding Exercise to Manage Anxiety - YouTube](#)

Relaxation and Mindfulness:

Here are some website links looking at different techniques, ways to practice relaxation and mindfulness as a family, and the benefits of taking time to try.

[Mindfulness for Kids - Mindful](#)

[5-Minute Meditation You Can Do Anywhere - YouTube](#)

10-minute video of simple slow stretch yoga for beginners:

<https://www.youtube.com/watch?v=0xZ3iOswYM>

Sleep:

A good night's sleep is essential for everyone but especially if you have CFS. Sleep is when our bodies heal and rest. Without sleep, everything will seem and feel worse, including pain, concentration, and mood.

Changing sleep habits can be very difficult, but it is so important to keep going and stick with the plan that has been advised by your physiotherapist.

Here are some helpful resources for sleep:

[Home - Teen Sleep Hub](#)

[Sleep & Sleep Routines for Children Ages 6-12 - YouTube](#)

[Headspace - YouTube](#)

Other useful links:

[Overview | Myalgic encephalomyelitis \(or encephalopathy\)/chronic fatigue syndrome: diagnosis and management | Guidance | NICE](#)
[Action for ME](#)

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)
<https://www.accessable.co.uk>

