



## **M.E, CFS and Fibromyalgia Recovery**

### **Coping Mechanisms**

Please take a few minutes to tick off any of the below coping mechanisms that you use.

- Caffeine
- Red Bull
- Lucozade/Sports Drinks
- Alcohol
- Anti-depressants
- Sleeping tablets
- Comfort eating
- Started a gym routine to build stamina and combat exhaustion
- Withdrawing from social events
- Screening calls
- Dishonesty about how you feel
- Putting on an act or brave face
- Blame circumstances and believe they will change
- Take time off just to go to bed
- Going to bed really early every night just to be able to get up and work
- Expect energy levels to change on their own

Add any others if they're not on the above list

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