



M.E, CFS and Fibromyalgia Recovery

Phase 1 Early Warnings Signs Checklist

Please take a few minutes to tick off any of the below signs and symptoms that resonate with you.

Early warning signs

- Headaches increasing in number and severity
- Migraines and vomiting
- Vertigo
- Feeling stressed with normal workload
- Panic attacks
- Feeling overwhelmed
- Dizzy feeling
- Palpitations
- Pins and needles, often in the face
- Sleep problems
- Sudden bouts of total exhaustion (often before you are about to do something you don't enjoy)
- Waking exhausted
- Fuzzy head, poor concentration
- Short term memory problems, poor recall
- Jangly or juddery feeling inside the body
- Struggling to cope with noise
- Low mood
- Tearful
- IBS/bloating
- Stressed and losing ability to cope
- Impaired concentration
- Bad reaction to caffeine
- Poor tolerance to alcohol