

# Patient Testimonials from the Online Fatigue Management Group

“I felt really ‘held’ by your recognition of my (our) experiences, and useful suggestions for realistic management”

“Having the pack, my own notes and additional resources, as well as our ongoing peer group support, have given me more confidence in my ability to manage my fatigue, and to help me to help others in supporting me”

“Lots of good ideas shared, and definitely a feeling of ‘it’s not just me, then’ “

“I have a far greater understanding of the condition now than I ever did before the course. There were some real golden nuggets of information which has recently really helped me start to recover from a recent relapse”

Thank you for all the support and for delivering such a brilliant course with such warmth and kindness; I looked forward to it each week.

“I just wanted to express my sincere gratitude for the guidance you have provided during the course. I have found it incredibly useful and comforting on many levels. Not only have I learned loads about how I might manage this moving forward, but it has also inspired me to learn more about the condition, which in return has helped me furthermore”

“It was a highlight of my week - nice to meet and speak to people with the same condition who understand what you are going through. Friendly space to speak openly and lots of positive and useful guidance and help”

“You have all done a fantastic job of supporting us all and encouraging us to help us manage our conditions and put measures in place to move forward. I've loved all of your care and professionalism and am extremely grateful to have you support me in my own personal health journey”

“Big thanks to everyone for the M.E/CFS course, it was extremely helpful! And it is such a relief to meet health professionals who understand this condition”

“The presenters were friendly and knowledgeable. They managed the programme in a timely way with regular breaks. Hearing about other people’s experiences of ME, was really helpful and supportive. The session on communication was very much needed and the relaxation sessions were accessible and well chosen”

“I can't thank you enough for the sessions. I have found them very useful, with a lot to think about and work on to hopefully manage and live with ME / CFS”

“Thank you all again for your help and support. It has made some of my current life choices easier to make, plus given me encouragement on living and managing the condition going forward. For that I will be forever grateful”

“Thank you so much for an absolutely brilliant course - I felt as if I'd finally arrived at the oasis after over a year of wandering around in the desert!”

“The whole course was absolutely brilliant from start to finish. The presenters both have such an incredible understanding of what living with CFS is like and their empathy was so lovely. They both delivered a lot of real useful information but in an easily digestible form and relaxed manner”

“The handouts were very useful, especially being able to see what was coming in each session, but more importantly being able to review after each session. As well having space on the handouts to take notes and actions”

“There was a lot of information and advice throughout the course, but I never felt pressured or overwhelmed as it was delivered at the right pace. There were plenty of opportunities to ask questions and make comments”

“I most enjoyed the mutual support of the group members and validation of the condition - that might be the shared experiences or shared conditions. The feeling of its not just me. The exercise was useful in reminding me what I have to do to help myself. Giving permission if you like. The sections were well thought out and delivered in a cohesive manner”

“This group has really helped me, meeting other people that understand has given me faith that I am not alone and have tools to help me”

“The online course was far better than just reading the handbook - I’m glad I signed up to it. Changing your whole lifestyle is such a huge task and so important for people with energy limiting illnesses that I think the online group is an ideal way of reinforcing the points and explaining them clearly, in addition to providing the opportunity for sufferers to ask questions so that they fully understand what they are doing and why.

Also, by thinking and talking about fatigue management over the 8-week period really helped to keep me focussed too as it is so easy to slip into unhelpful lifestyle habits over time”

“I would like to say a big thank you for the course. It has helped me learn how to manage my symptoms better and made me feel like I am not alone there are others out there going through similar symptoms as me so I don't feel so isolated”

“The information provided has been incredibly useful and applicable to my daily life. Some parts of it have really changed how I view my illness and myself. The frequent rest breaks were great and I enjoyed ending every session with some form of guided rest”

“Thank you for the sessions, which have all been really helpful and which I was looking forward to every Wednesday!”

“I found it particularly useful to hear experiences from others. Also, the physical descriptions of what is happening with body and brain together with the metaphors used (e.g. the mobile phone battery) are very helpful for me especially when talking to others about how I’m doing.

I was very tired after session but I learnt how to factor that into what I thought I might be able to manage during the days around it. I like having the course booklet to look back on – the course contained a lot to take in, which was good, and for me, seeing it in printed form as well is very helpful”

“Thank you again for all the hard work you put into the Fatigue Management course. It must be quite challenging to deliver to an exhausted audience sometimes, and I admire the enthusiasm and gentle positivity you both maintained each week, thank you, and for creating a safe and respectful space for us to share our experiences”

“The most helpful subject to me was definitely the stress module, learning about the sympathetic and parasympathetic nervous systems was eye opening. I also really got a lot from the ‘challenging unhelpful thoughts’ section”