

Dealing with Chronic Fatigue (CFS/ME)
in Young People

Thoughts and Feelings Diary



This diary is a useful first step to check what you are doing, and to see if there are any times during the day that you feel worse than others.

This is one of a series of information leaflets on managing CFS/ME in children and young people. These are also available on our website at www.rnhrd.nhs.uk.

For more information on our service, please contact Heather Hill on **01225 473425** at the Specialist Paediatric Chronic Fatigue/ME Service, Royal National Hospital for Rheumatic Diseases (NHS Foundation Trust), Upper Borough Walls, Bath BA1 1RL.

At the end each day, write down a few of the things you have done or things that have happened:

- the time
 - who was there
 - where you were
 - what was happening before
 - what happened afterwards

Note down your different feelings and thoughts.

Try to link what you were thinking and feeling with what you actually did.

