



## How do you nurture yourself through PEM symptoms?

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- Drop everything and go to bed.
- Plenty of hydration.
- Minimal light & sound.
- No phone calls.
- When extreme - complete darkness, like when dealing with a migraine.
- Use icepacks for pain.
- Audiobooks in bed and a diffuser with my favourite oil blends
- If I can go outside I sit in garden and watch birds, but usually it is just laying in bed watching tv shows, try to pick light ones When only mild - listen to podcasts PJ days - watching repeats (so I don't have to follow the plot) When in severe state nurture is a dark room, a comfortable bed and an eye mask
- Horizontal and self-talk meditation
- I live in bed and have a close, intimate relationship with my sleep mask.
- When moderate. Looking at nature
- Taking my children to the park and watching them have fun and lots of laughter, even if it is only for a short time
- Sensory aids - noise cancelling headphones, black out curtains, etc. Lots of bed time.
- Dark room, lying flat ...boring!!
- No audio/video/TV.
- Completely stop everything, complete rest, quiet, deep breathing
- Snuggles with my 2 fur babies, curled up in bed.
- Curtains drawn
- Bed, warm hat and under the doona. Cut all out for a while and hope I can rise again soon
- Eye mask, earplugs, soft voices from carers, minimal conversation, limit screen time,
- help with brushing teeth (e.g. spit cup so don't have to walk to bathroom)
- Nothing day.
- Lie horizontal.
- No expectations.

- Allow myself to rest on the couch without being guilty that I'm not doing anything
- Eye mask, headphones, curtains shut, windows closed.
- Noise reduction headphones if you can pull the \$\$ together.
- Rest when I get tired... even if I'm half-way to the bedroom door on the way to the
- toilet, if I get tired on the way, I'll stop and even lie down on the floor till I feel rested
- more..
- Need to get horizontal ASAP
- Uber eats and scrolling in the phone
- Resting in bed reading, listening to music or watching tv listening to podcasts spoiling
- myself with dark chocolate and my teddy bed. have just bought a pair of noise
- cancelling headphones.
- Order food when I can't stand up to cook for kids
- Lie down. No verticality allowed!
- Yes. Being horizontal is so urgent.
- In bed, eye mask, quiet dark room no people oil burner soft ambient sounds
- Pee jars - no walking to the toilet!!!