- Planning: make sure a busy day is followed by a quiet one
- Prioritise tasks so that the most difficult are done at the best time of day
- Delegating tasks

Reduce aggravating factors

- Optimise pain relief
- Alter medication schedules so that hangover effect is avoided
- Take more sedating medication at night
- Use minimum dose possible for effect to avoid sedating side effects
- Meditation
- Yoga
- Tackle insomnia
- Tackle stress
- Tackle depression

Good diet & balanced lifestyle

Eat a balanced diet with regular meals; avoid high sugar snacks

- Give up smoking
- Lose weight if overweight
- Take as much exercise as you can, but gently and not all at once
- Rest: "Sometimes the most urgent and vital thing you can possibly do is take a complete rest" Ashleigh Brilliant

Develop activities which are restful