

Useful Resources

Books

'Overcoming Chronic Fatigue Syndrome: A self help guide using Cognitive Behavioural Techniques', Mary Burgess and Trudie Chalder.

'CFS unravelled', Dan Neuffer

'The Happiness Trap', Russ Harris.

'Living Well with Pain and Illness: The mindful way to free yourself', Vidyamala Burch.

'The Compassionate Mind', Paul Gilbert.

'University and Chronic Illness: A survival guide', Pippa Stacey.

'The Fatigue Book: chronic fatigue syndrome and long covid fatigue: practical tips for recovery', Lydia Rolley (2022)

Apps

Relaxation / Mindfulness: Headspace, Insight timer, Calm

Sleep: Pzizz, Sleepio, Sleepstation

Activity Management: Active ME

Websites

ME/CFS

www.actionforme.org.uk

excellent information on welfare rights and employment issues.

www.meassociation.org.uk

great for information on current research.

[Overview | Myalgic encephalomyelitis \(or encephalopathy\)/chronic fatigue syndrome: diagnosis and management | Guidance | NICE](#)

ACT / Mindfulness

www.workingwithact.com

www.wildmind.org

www.breathworks-mindfulness.org.uk

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself

www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/

Pain

www.livewellwithpain.co.uk

www.retrainpain.org/

www.knowpain.co.uk

www.tamethebeast.org/

ME/CFS Support Groups

Sheffield ME and Fibromyalgia Group

Website: www.SheffieldMEgroup.co.uk

Email: info@sheffieldmegroup.co.uk

Telephone: 0114 253 6700

Derbyshire ME Group (MED)

Website: www.me-derbyshire.org.uk

Telephone: 01332 864120

Doncaster ME Group

Website: www.leger.me.uk/

Email: mike@danum.me.uk

Telephone: 01302 787353

Employment Support

Sheffield Occupational Health Service

[Home - Sheffield Occupational Health Advisory Service
\(sohas.co.uk\)](http://Home-SheffieldOccupationalHealthAdvisoryService(sohas.co.uk))

ME/CFS Programme – Online Resources

Below are hyperlinks that may provide additional insights. If you click on the link the YouTube video will appear. We suggest that you watch the clips following the session. This will hopefully further support you to engage with the approach.

1: Introduction to ME/CFS and treatment approach.

Dr Charles Shepherd, medical advisor to the ME Association, and who has ME/CFS, describes the symptoms, diagnosis and treatment for ME/CFS.

[Chronic fatigue syndrome \(CFS\) | NHS - YouTube](#)

This clip explores symptoms of ME/CFS [What are Chronic Fatigue Syndrome Symptoms? - YouTube](#)

Clips to watch on identifying values:

‘Finding your why’ by Michael Junior. <https://youtu.be/1ytFB8TrkTo?t=1>

Goals ‘Vs’ Values by Russ Harris <https://www.youtube.com/watch?v=T-IRbuy4XtAandlist>

Introduction to mindfulness practice:

[Introduction- Getting started - YouTube](#)

Mindfulness Practice: Awareness of the Breath.

[Awareness of the breath - YouTube](#)

2: Activity management and quality rest

Pacing, activity management

[Pacing A5 booklet Oct 2023 aw.indd \(actionforme.org.uk\)](#)

Mindfulness Practice: 3 step breathing Space.

[3 step breathing space - YouTube](#)

Relaxation Practices: Tense and Relax

[10 Tensing and Relaxing - YouTube](#)

3: Physical Activity and Understanding Pain

NHS Worcestershire Adapted Tai Chi video part 1

<https://www.youtube.com/watch?v=ZbGvYXB08uk>

The following clips are designed to improve understanding of pain.

Understanding pain (5mins) <https://youtu.be/OYOi1AD5mOk>

Pain and its causes (5mins) <https://www.tamethebeast.org/#tame-the-beast>

Why things hurt (14mins) <https://www.youtube.com/watch?v=gwd-wLdIHjs>

Mindfulness Practice: Body Scan [Body scan - YouTube](#)

4: Cognitive Activity and Emotional Stress

Mindfulness Practice: Soothing rhythm breathing,

[Soothing rhythm breathing - YouTube](#)

Other examples on YouTube:

www.youtube.com/watch?v=4Z07FaTSuWM Will Devlin

[Take a deep breath - YouTube](#) Calm

5: Working with Thoughts and Communication

The following clip asks what are thoughts, where do they come from?

<https://youtu.be/7qqrZr6tPHQ>

This offers another way of relating to thoughts like trains passing through the station

<https://youtu.be/F0SWMICwtm0>

Mindfulness Practice: Leaves on a stream.

[Working with thoughts - YouTube](#)

This clip looks at working with thoughts: Passengers on the Bus by Dr Jess McCloskey

[Passengers on the Bus - YouTube](#)

6: Sleep, Nutrition and Flare-up management.

Tips for getting a good nights sleep summarised here (4mins)

<https://youtu.be/Fpoa8siZYk0>

Tips for diet, nutrition and ME/CFS.

[Chronic Fatigue Syndrome and diet \(bda.uk.com\)](#)

[ME NUTRITION CLUB | Cinnamon Days](#)

Flare up management. Tips:

[Minimizing Relapses | ME/CFS and Fibromyalgia Self-Help](#)