

# Chronic Fatigue Syndrome (CFS)/ Myalgic Encephalopathy (ME) Self Management Programme



Clinical Psychology  
Clinical Sciences Building  
**0161 206 5588**



Health & care  
information  
you can trust

The Information Standard

Certified  
Member

## What does the programme involve?

The 6 week CFS/ME Self-Management Programme is run in groups of around 8-12 people. Each week a new topic is covered, including: the effects of stress, sleep patterns, pacing, relaxation and planning for setbacks. Gentle stretching and movement, and relaxation/ meditation practices are also part of the programme. The groups are interactive and allow members to meet other people with CFS/ME. This can be a validating experience as people with CFS/ME can often report feeling isolated and misunderstood.

We ask group members to try and attend all 6 sessions, which last around 2 hours. The course also requires you to complete supplementary 'home practises' between sessions, or doing gentle stretch and movement practises. Although there is no cure for CFS/ME yet, there is evidence that self-management programmes informed by Gradual Exercise Therapy (GET) and Cognitive Behavioural Therapy (CBT) have been effective at helping people to better manage their symptoms and feel better physically and emotionally.

## What is CBT and how can it help me better manage my condition?

CBT is a type of therapy that looks at how our thoughts, behaviours and mood can affect each other. CFS/ME, like many other conditions, is commonly accompanied by low mood and/or stress, which can make the condition worse. CBT can be useful in reducing stress and improving low mood, which can in turn improve symptoms of CFS/ME.

The techniques used in CBT can also be applied to make behavioural changes, such as pacing, improving sleep routines and increasing pleasurable experiences.

## What does GET involve?

GET is not about doing strenuous exercises that will leave you feeling worse. GET is all about identifying your baseline and slowly building up from there. Symptoms of CFS/ME often lead to the deconditioning of the body, meaning people might find it harder now to do things that used to be easy. GET helps to gently train the body with simple low intensity stretches and movements, increasing the body's ability to do more.

## Sources of further information:

Websites:

 [www.actionforme.org.uk](http://www.actionforme.org.uk)

 [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

 [www.patient.co.uk](http://www.patient.co.uk)

 [www.bps.org.uk](http://www.bps.org.uk)

 [www.hpc-uk.org](http://www.hpc-uk.org)

If you would like to discuss a referral to a self-management group please contact

 **0161 206 5588**

or email

 [psychologyappointments@srft.nhs.uk](mailto:psychologyappointments@srft.nhs.uk)



© G18122801W. Design Services  
Salford Royal NHS Foundation Trust  
All Rights Reserved 2019.  
This document **MUST NOT** be photocopied.

**Information Leaflet Control Policy:**

Unique Identifier: NOE 44 (18)  
Review Date: January 2021

Salford Royal **NHS**

NHS Foundation Trust

University Teaching Trust

safe • clean • personal

For further information on this leaflet, it's references and sources used, please contact 0161 206 5588.

Copies of this leaflet are available in other formats (for example, large print or easyread) upon request. Alternative formats may also be available via [www.srft.nhs.uk/for-patients/patient-leaflets/](http://www.srft.nhs.uk/for-patients/patient-leaflets/)

In accordance with the Equality Act we will make reasonable adjustments to enable individuals with disabilities to access this service. Please contact the service/clinic you are attending by phone or email prior to your appointment to discuss your requirements.

Interpreters are available for both verbal and non-verbal (e.g. British Sign Language) languages, on request. Please contact the service/clinic you are visiting to request this.

**If you need this information leaflet translated, please telephone:**

Polish Jeżeli potrzebne jest Państwu tłumaczenie, proszę zadzwonić pod numer.

Urdu اگر آپ کو اس ترجمانی کی ضرورت ہے تو مہربانی کر کے فون کریں۔

Arabic إذا كنتم بحاجة الى تفسير او ترجمة هذا الرجاء الاتصال

Chinese 如果需要翻译，请拨打电话

Farsi اگر به ترجمه این نیاز دارید ، لطفاً تلفن کنید

**0161 206 0224**

or Email: [InterpretationandTrans@srft.nhs.uk](mailto:InterpretationandTrans@srft.nhs.uk)

**Salford Royal operates a smoke-free policy.**

For advice on stopping smoking contact the Hospital Specialist Stop Smoking Service on 0161 206 1779

This is a teaching hospital which plays an important role in the training of future doctors. The part patients play in this process is essential to make sure that we produce the right quality doctors for all of our futures. If at any time you would prefer not to have students present please inform the doctor or nurses and this will not affect your care in anyway.

Salford Royal NHS  
Foundation Trust  
Stott Lane, Salford,  
Manchester, M6 8HD

**Telephone**

**0161 789 7373**

[www.srft.nhs.uk](http://www.srft.nhs.uk)

If you would like  
to become a  
Foundation Trust  
Member please visit:

[www.srft.nhs.uk/  
for-members](http://www.srft.nhs.uk/for-members)

If you have any  
suggestions as to how  
this document could be  
improved in the future  
then please visit:

[http://www.srft.nhs.  
uk/for-patients](http://www.srft.nhs.uk/for-patients)