

Symptom Categories & Warning Signs

This is a list of various symptom clusters that are specific to me. Some of the descriptions may appear to overlap but each category does feel physically different and sometimes has an identifiable trigger.

Category	Symptom Description
Fatiguey	Weak, weary, drowsy, feel cold, sore throat, heavy eyes, slightly raised temperature, sensitive skin, headache. Increased appetite. <i>Generally get this after too much activity.</i>
Myalgia	Tight/heavy across the shoulders, muscle ache and weakness in arms, legs & stomach (and all over?), joint pain (knees, elbows and fingers), sore throat, swollen glands, drowsy. <i>Closest to the initial onset of the ME and can reappear with a head cold or virus</i>
Heavy Stuff	Whole body feels heavy and weighed down as though walking around wrapped in an exceptionally heavy cloak. Feel drowsy
Stretchy Leg Myalgia (and sometimes arms too)	Occurs after bending down and stretching muscles in back of legs. Gradual weakness/myalgia spreads up from back of legs throughout the body and increases in severity over the following few hours. Can take several days to recover. <i>(Stopped doing stretching exercises because of this one!)</i>
Done Too Much Activity But OKish	Muscles feel overused especially in arms and legs, but ME/CFS symptoms do not appear. <i>This one's the rarest, but OK!!!</i> It's important to recognise normal tiredness too.

The following are warning signs that can precede some of the above. Taking quick action can sometimes prevent any worsening of symptoms into one of the above categories.

My Warning Signs	Action to be Taken
Overnight sleep longer than 8 hours	Slow down – might need to go back to bed, but do not sleep past 11.30 am otherwise overnight sleep difficult later on.
Impossible to stay awake during the day (usually the afternoon)	Sleep immediately. Decrease activity (add in an extra rest day?)
Increased appetite	Eat enough to feel comfortable. Review timetable and recent activity.