



Plus FACETS

Fatigue management for MS



Register

Fatigue is a very common symptom of MS. Whether you're trying to keep up with the kids, ease fatigue at work or want to get more out of your day, FACETS provides practical strategies and approaches.

About FACETS

FACETS (Fatigue: Applying Cognitive behavioural and Energy Effectiveness Techniques to LifeStyle) is an evidence-based program designed for people living with MS to help manage fatigue using 'energy effectiveness' techniques and cognitive behavioral therapy strategies.

Developed by researchers from Bournemouth University and Poole Hospital in the UK, the group program is delivered by trained professionals with no more than 12 participants. The program involves weekly 90min sessions over 6 weeks.

The program

- 6 x 90min sessions
- Normalising MS fatigue
- Fatigue management strategies
- Addressing negative automatic thoughts associated with MS fatigue.

Ready to get started?

msplus.org.au/FACETS

When:

Evening and day time sessions run throughout the year

Get in touch:

For information about any of our programs or services, contact:

connect@msplus.org.au
1800 042 138



Helping break down barriers and achieve goals

with emotional and practical support for every neuro journey

Our services

- Information and advice
- MS Nurses
- NDIS services
- Occupational therapy
- Physiotherapy
- Exercise physiology
- Accommodation
- Continence support
- Diet and nutrition
- Employment support service
- Peer support

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