Useful resources

Fatigue management

Read time: 2 min

This leaflet provides suggestions and techniques for managing fatigue.

Publisher: Brain Injury NZ

Download PDF

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.