

## Activity – How to Pace Yourself

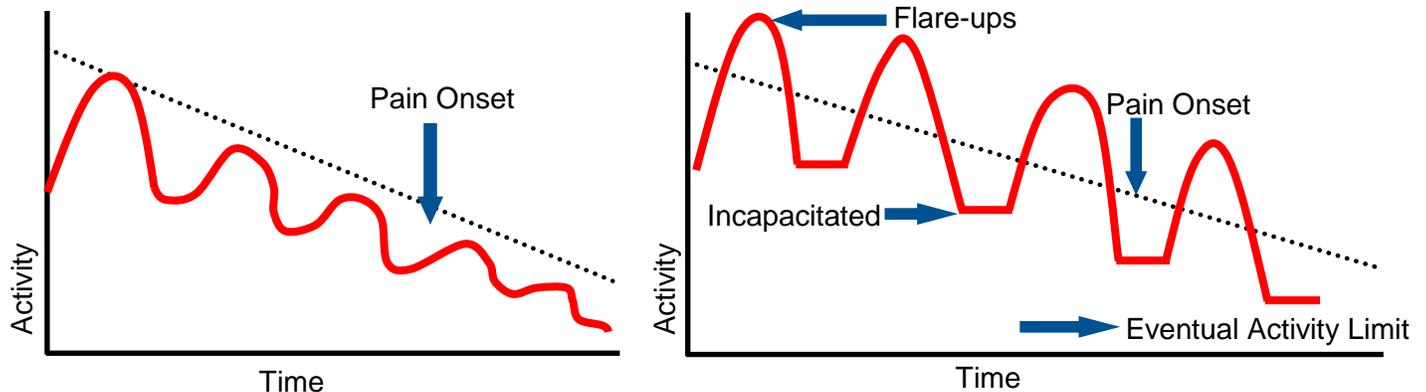
### What is ‘pacing’?

Pacing is about the balance between:

- too much activity and too little activity
- doing nothing and doing everything
- good days and horrible days

You are pacing yourself when you decide to stop an activity based on time and not on pain.

### Two ways to approach activities



### How do people end up in bad patterns?

Some people don't want to move at all for fear of making the pain worse. Some people with chronic pain ignore the pain.

You might have more pain when you become active. You might push yourself until you can go no more.

Any of these approaches can affect your mood, making you feel frustrated and depressed.

## Activity – How to Pace Yourself - *continued*

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### **Principle # 1: Rest**

- ✓ Rest when you are tired or have a flare up.
- ✓ Rest to prevent becoming tired or flare up.
- ✓ Alternate between heavy and light work during the day and week.
- ✓ Rest 5 minutes every hour.

### **Principle # 2: Plan and Put Important Things First**

- ✓ Plan your week so you get a balance between rest and activity.
- ✓ Ask yourself:
  - How am I going to do this activity?
  - When is the best time to do this activity?
  - Can the activity be broken down into smaller steps?

Remember to keep your schedule flexible so you can adjust for the unexpected.

### **Successful pacing is when you:**

- ✓ Set reasonable goals.
- ✓ Pay attention to the details of activity such as good posture.
- ✓ Compare your progress to last week, not what you were able to do before your injury.
- ✓ Record your successes and celebrate them.