

Pace yourself

Pacing involves spreading your tasks evenly to avoid doing too much in one day.

Avoid falling into the overactivity/rest trap. You might think of this as boom and bust, or crashing after too much activity.

This is when one day you do much more than usual and the next day you feel exhausted. It can take a few days to recover and you end up feeling weaker than you did before.

The key thing is to pace yourself and do small amounts of different activities and rest in between.



Make a 'what if' or 'rainy day' plan

When you make your plan, you might be confident that it will work out, but it's often not a smooth road ahead.

Think of things that could get in the way and what you can do about them.

Make sure you include them in your plan.

Use the pain and symptom trackers to help.

Your Plan



Reality

