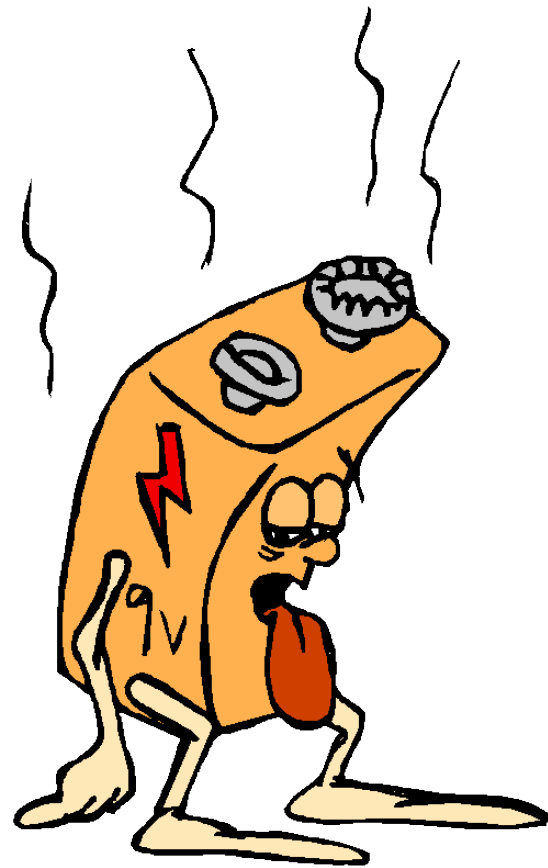
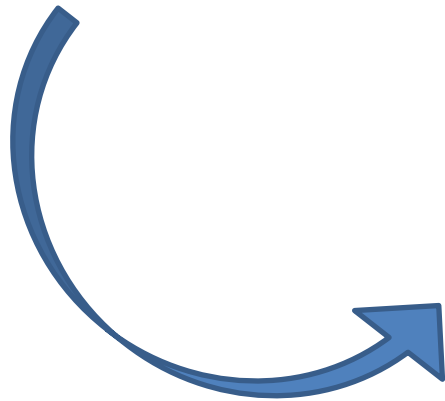


# The Boom & Bust cycle





Push through symptoms  
to get things done

Push through symptoms  
to get things done



Feel a sense of  
achievement

Push through symptoms  
to get things done



Feel a sense of  
achievement



Physical symptoms  
worsen

Push through symptoms  
to get things done



Feel a sense of  
achievement



Physical symptoms  
worsen



Feel worried about  
damaging self

Push through symptoms  
to get things done



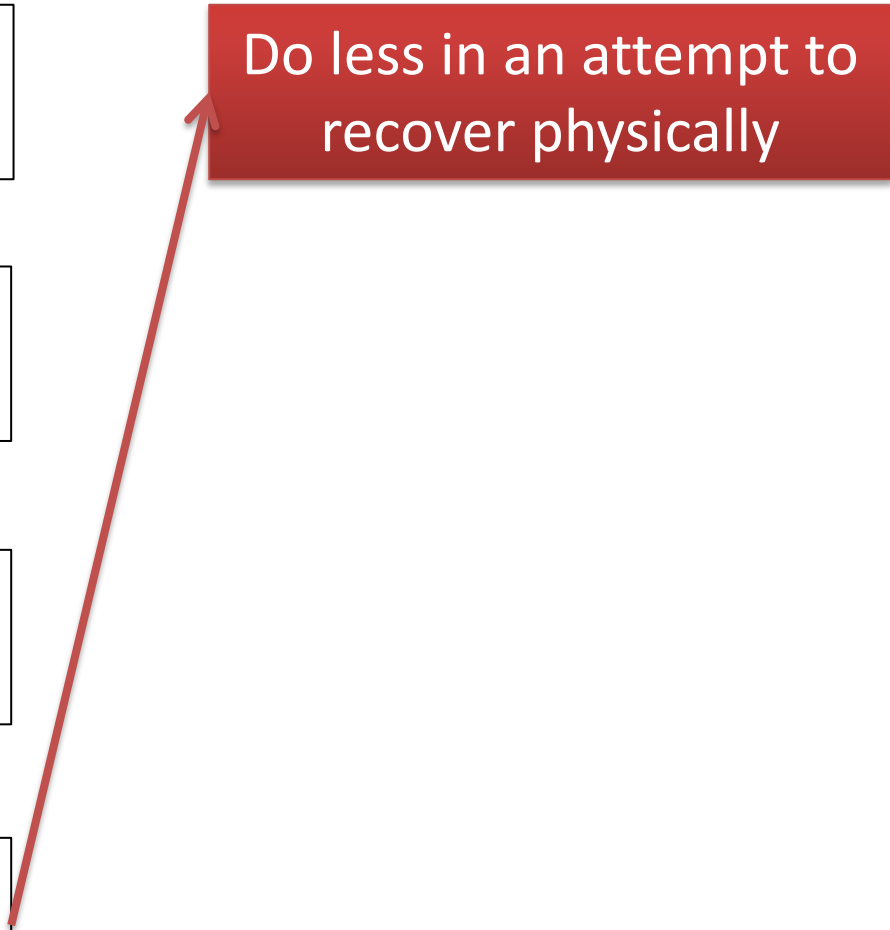
Feel a sense of  
achievement



Physical symptoms  
worsen



Feel worried about  
damaging self



Do less in an attempt to  
recover physically

Push through symptoms  
to get things done



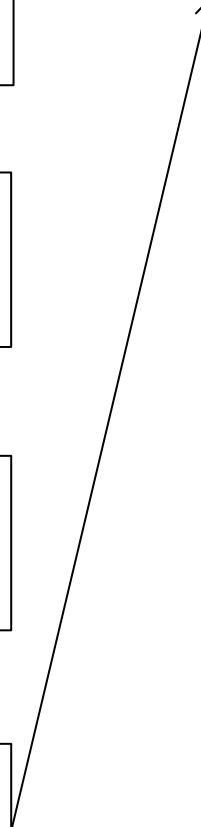
Feel a sense of  
achievement



Physical symptoms  
worsen



Feel worried about  
damaging self



Do less in an attempt to  
recover physically



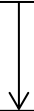
Feel a sense of relief and  
reduced worry



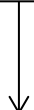
Push through symptoms  
to get things done



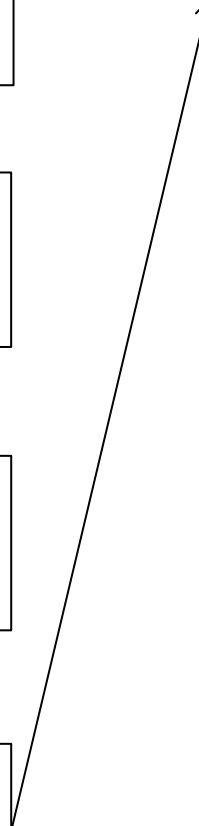
Feel a sense of  
achievement



Physical symptoms  
worsen



Feel worried about  
damaging self



Do less in an attempt to  
recover physically



Feel a sense of relief and  
reduced worry

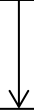


Physical symptoms  
improve

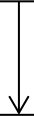
Push through symptoms  
to get things done



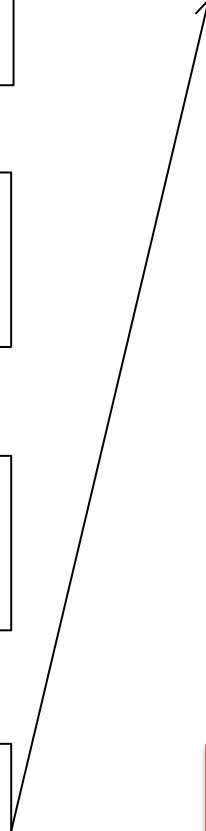
Feel a sense of  
achievement



Physical symptoms  
worsen



Feel worried about  
damaging self



Do less in an attempt to  
recover physically



Feel a sense of relief and  
reduced worry



Physical symptoms  
improve

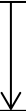


No enjoyment or  
pleasure, chores pile up

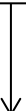
Push through symptoms to get things done



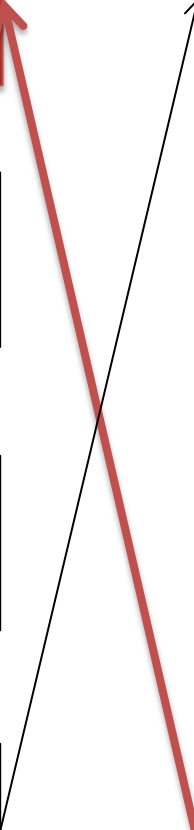
Feel a sense of achievement



Physical symptoms worsen



Feel worried about damaging self



Do less in an attempt to recover physically



Feel a sense of relief and reduced worry

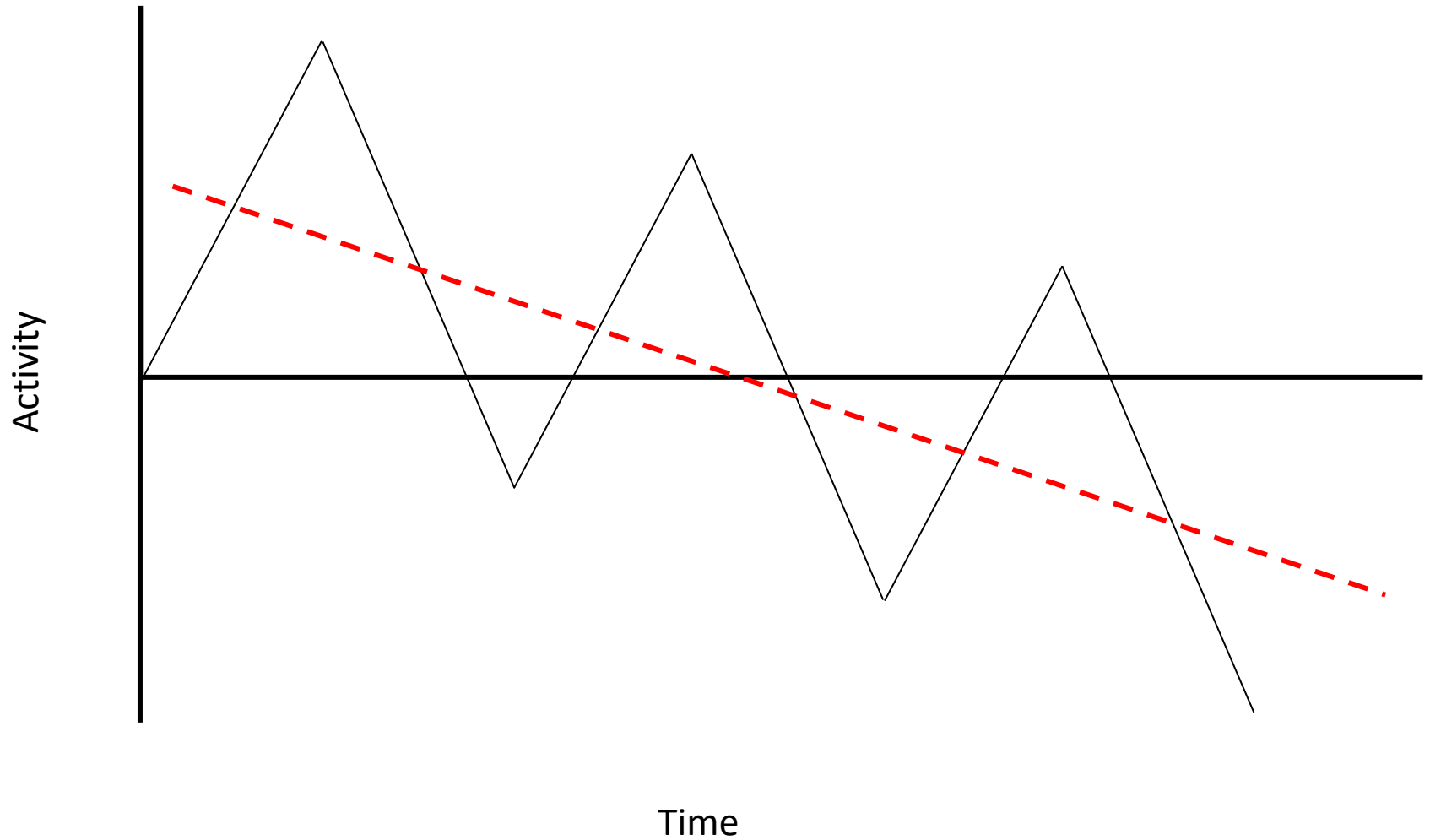


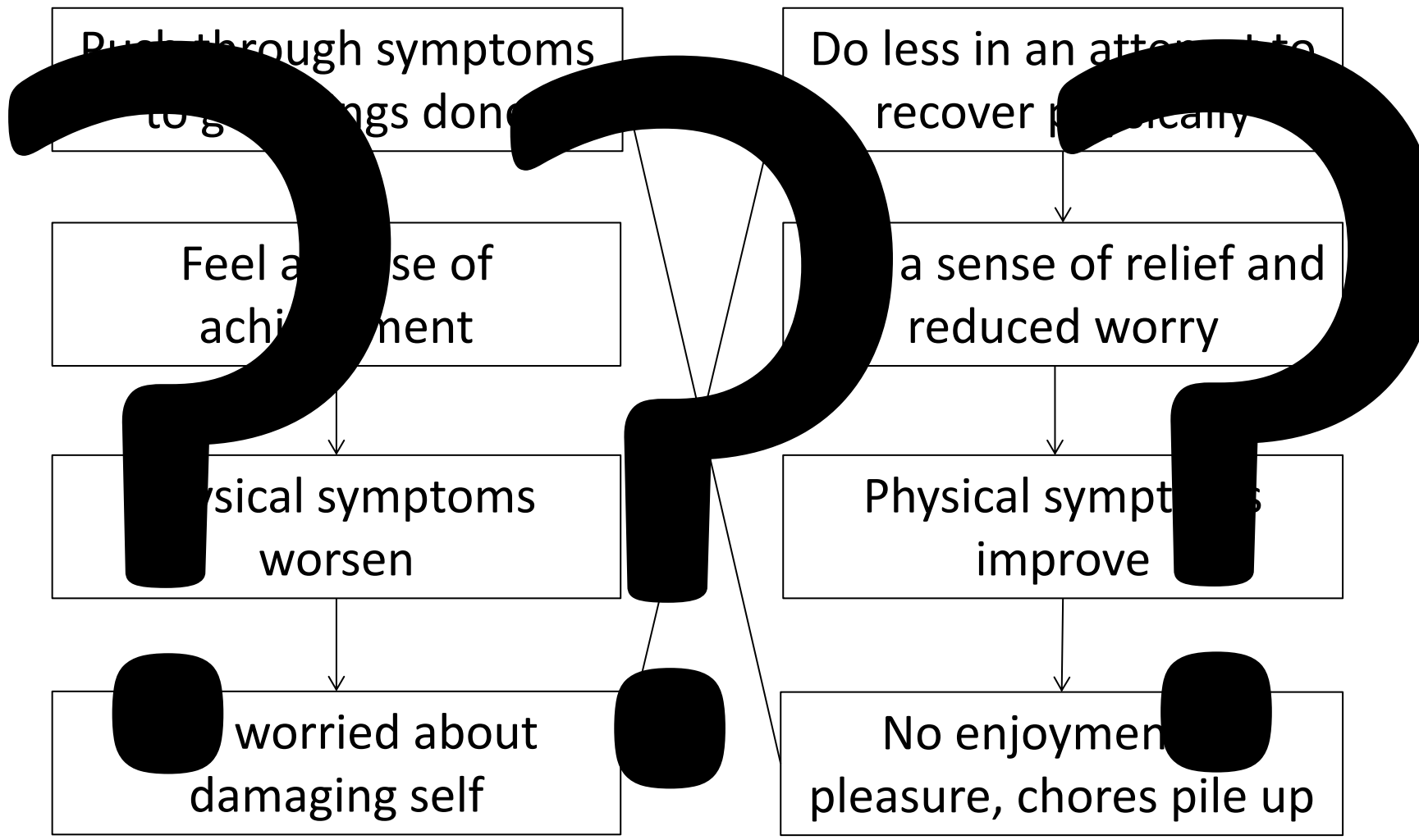
Physical symptoms improve



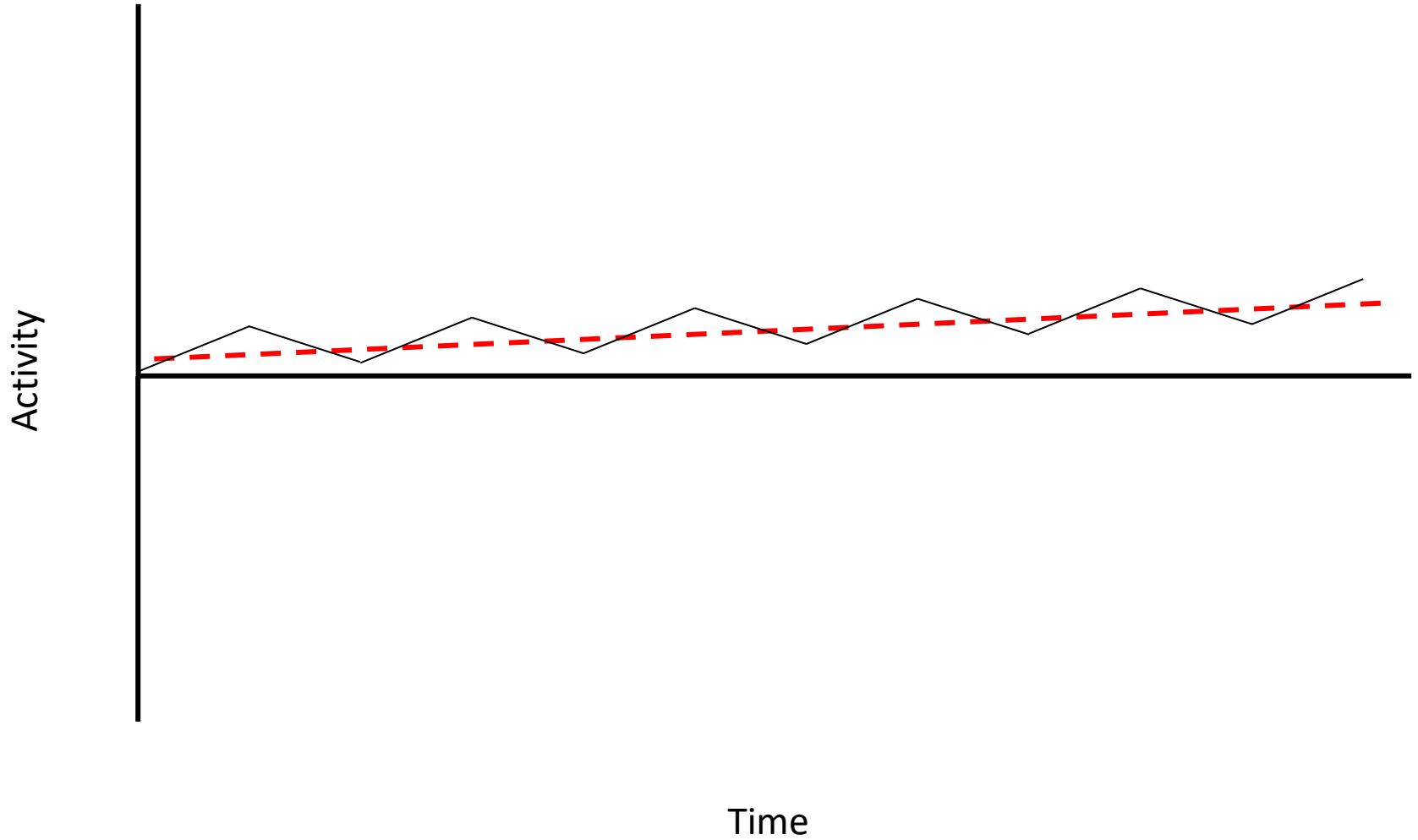
No enjoyment or pleasure, chores pile up

# 'Boom and Bust'





# Pacing



# Next Steps

- Try to notice patterns in your activity levels
- Watch the video on Pacing to find out how to tackle your Boom and bust cycle
- All worksheets and a PDF are freely available at <https://www.talkplus.org.uk>