The Boom & Bust cycle

https://www.talkplus.org.uk/
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’
Push through symptoms to get things done.

Feel a sense of achievement.

Physical symptoms worsen.

worried about damaging self.

Do less in an attempt to recover physically.

a sense of relief and reduced worry.

Physical symptoms improve.

No enjoyment, pleasure, chores pile up.
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