

# Pacing

Enabling you to consistently carry out activities without causing a flare up of physical health symptoms.



# What is Pacing all about?

- Pacing is the technique of only doing an activity for the length of time that our bodies are comfortable with.
- Trying to get a balance between over doing it or under doing it (NOT booming or busting!).
- Spending less time recovering.
- Gradually increasing our ability to carry out activities.



# Pacing

- Pacing is about getting the most out of an activity without pushing yourself too far, alternating activity with rest.
- Pacing is time based.
- Pacing uses rest periods.



# Recovery vs. Rest

- Recovery time- we spend longer lengths of time doing little or nothing because we literally can't do any more (the *Bust* of the 'boom and bust' cycle).
- Resting is different - we *choose* to rest for a short period so we don't over do it.



# Example: boom and bust

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Do the laundry, clean the house, see a friend	In Bed	Get up with kids, make breakfast and do washing up	Go swimming, clean the house, do the laundry	In Bed	Clean the house, get the food shopping	In Bed
Afternoon	Do food shopping, have a shower, take the dog for a walk	Pick the kids up from school, help with homework, start dinner	In Bed	Go out for lunch with a friend, cook dinner, have a bath	In Bed	See family	In Bed
Evening	Cook dinner, do the dishes, read a book, watch TV	In Bed	In Bed	In Bed	In Bed	In Bed	Eat dinner, do laundry, change bed clothes, prepare uniforms

# Example: pacing

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Do 1/2 the laundry, rest, see a friend, rest	Have a shower, rest, take the dog for a short walk, rest	See a friend, rest	Have a bath, rest	Clean the kitchen, rest	Have a bath, rest	Rest
Afternoon	Do the food shopping, rest	Do the other 1/2 of the laundry, rest, do the dishes, rest	Prepare dinner, rest	Clean the living room, rest, go for a walk, rest	Prepare food for tomorrow, rest	Have family over, rest	Go for a dog walk, rest
Evening	Cook dinner, rest, watch TV	Read a book	Cook dinner, rest, talk to a friend on the phone	Cook dinner, rest, sort out bills	Order in dinner, watch TV, rest	Rest	Cook dinner, rest

# Example: pacing by breaking activities down

	Monday	Tuesday
Morning	Do 1/2 the laundry, rest, see a friend, rest	Have a shower, rest, take the dog for a short walk, rest
Afternoon	Do the food shopping, rest	Do the other 1/2 of the laundry, rest, do the dishes, rest

# Example: pacing by breaking activities down

	Monday	Tuesday	Wednesday
Morning	Do 1/2 the laundry, rest, see a friend, rest	Have a shower, rest, take the dog for a short walk, rest	See a friend, rest
Afternoon	Do the food shopping, rest	Do the other 1/2 of the laundry, rest, do the dishes, rest	Finish laundry, rest



# Example: pacing by using different muscle groups

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Do 1/2 the laundry, rest, see a friend, rest	Have a shower, rest, take the dog for a short walk, rest	See a friend, rest	Have a bath, rest	Clean the kitchen, rest	Have a bath, rest	Rest
Afternoon	Do the food shopping, rest	Do the other 1/2 of the laundry, rest, do the dishes, rest	Prepare dinner, rest	Clean the living room, rest, go for a walk, rest	Prepare food for tomorrow, rest	Have family over, rest	Go for a dog walk, rest
Evening	Cook dinner, rest, watch TV	Read a book	Cook dinner, rest, talk to a friend on the phone	Cook dinner, rest, sort out bills	Order in dinner, watch TV, rest	Rest	Cook dinner, rest

# Example: pacing by using different muscle groups

The diagram shows a 3x3 grid of tasks. The central cell, which is circled, contains the text: "Clean the living room, rest, go for a walk, rest". The other cells contain the following text:

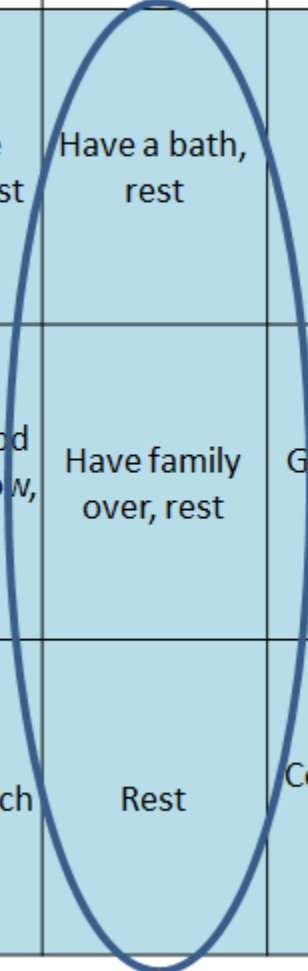
	Rest	Rest	Kitchen, rest
Prepare dinner, rest	Clean the living room, rest, go for a walk, rest	Prepare food for tomorrow, rest	
Cook dinner, rest, talk to a friend	Cook dinner, rest, sort out	Order in dinner, watch	

# Example: pacing by using rest periods

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Do 1/2 the laundry, rest, see a friend, rest	Have a shower, rest, take the dog for a short walk, rest	See a friend, rest	Have a bath, rest	Clean the kitchen, rest	Have a bath, rest	Rest
Afternoon	Do the food shopping, rest	Do the other 1/2 of the laundry, rest, do the dishes, rest	Prepare dinner, rest	Clean the living room, rest, go for a walk, rest	Prepare food for tomorrow, rest	Have family over, rest	Go for a dog walk, rest
Evening	Cook dinner, rest, watch TV	Read a book	Cook dinner, rest, talk to a friend on the phone	Cook dinner, rest, sort out bills	Order in dinner, watch TV, rest	Rest	Cook dinner, rest

# Example: pacing by using rest periods

Day	Friday	Saturday	Sunday
Bath,	Clean the kitchen, rest	Have a bath, rest	Rest
the room, or a rest	Prepare food for tomorrow, rest	Have family over, rest	Go for a dog walk, rest
Dinner, out	Order in dinner, watch TV, rest	Rest	Cook dinner, rest



# Pacing tips -Summary

1. Break activities down- You don't have to complete an activity in one go!

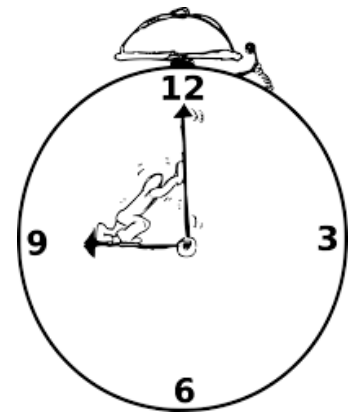


2. Consider what parts of your body are being used – mix it up!

3. Plan in regular rest periods – particularly when you cant break the activity down



Also think about:



- On a flare up day cut pacing times in half- so instead of 15mins just do 7mins of activity.
- Problem solve difficult activities – consider adaptive equipment such as using a trolley or kettle tipper.



# Getting started

- It may seem overwhelming to think about pacing your entire week.
- Start out by just using pacing on one or two activities.
- From there you can increase how many activities you complete using pacing.



# Troubleshooting



- If friends and family don't understand
  - talking through the technique with them might be helpful, or signpost them to this video.
- If there are some activities hard to pace, like being at work.
  - think about specific tasks you are doing at work, e.g. sitting for too long, or standing for too long.







# Troubleshooting

- Common negative thoughts about pacing:
  - “Pacing means I am doing less”*
  - “I don’t want to leave things undone”*
  - “Pacing is too restrictive”*
- Try it out and see what it is like- experiment
- Don’t try to change everything at once, overtime it can become second nature

# Take Home Message



- Pacing can help us to be more consistent in carrying out activities each day.
- Pacing means only doing activities for a set length of time.
- Pacing includes stopping before we reach our bodies limit and using rest periods.
- This can help us, over time, increase our ability to carry out activities.

# Next Steps



- Give it a go!
  - If it sounds like pacing might be helpful for you then get planning and give it a go
- All worksheets and a PDF are freely available at <https://www.talkplus.org.uk>