



TIPS FOR PACING

1. PACE

What is pacing?

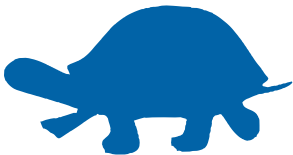
Pacing means spreading out your activity throughout the day and alternating it with rest periods. Balance activity with rest. This allows you to maximize your energy and still complete your activities.



One hour of cleaning the house including vacuuming, dusting and ironing

Increased pain
– have to rest for rest of day

1 hour total activity



20 minutes
dusting

Rest

20 minutes
vacuuming

Rest

20 minutes
ironing

No increase in pain – able to do more with the rest of the day

1 hour total activity

It is helpful to think of your available energy as a phone battery. If you completely drain the battery, then you have to wait to recharge it before you can use the phone again. If you use *some* of the battery and regularly re-charge, then your phone will always be ready for use.

How do I pace myself?

- Take regular rest periods. **Take a break before you need it.** Don't only take breaks when the pain is bad.
- Even if you are feeling better, don't be tempted to overdo it otherwise you may experience a setback.
- Do activities a little bit, but often, instead of all at once.

Rest is anything that you find relaxing. It helps "recharge your battery." For example: sitting or lying down, reading, watching TV, practicing mindfulness. The time you choose to rest is up to you! You can rest for 5 minutes or 30 minutes. There is no right and wrong answer, it is about finding out what works for you.

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What does pacing look like? Examples:

1. Cooking - sit in the kitchen to prepare the meal, take a rest period, cook the meal, rest prior to washing the pots or loading the dishwasher and resting again afterwards.
2. Split your laundry into two or three piles: urgent pile, not so urgent and end-of-the-week pile.
3. Make a few smaller trips to the grocery store throughout the week.
4. Ask staff to help carry your bags to the car or consider grocery shopping online.

2. PLAN

Organize your day by setting **small achievable goals**. Break down big jobs into smaller tasks and **plan rest** periods between each task.

Examples:

- Monday morning: vacuum the living room with breaks in between
- Monday afternoon: prepare dinner
- Tuesday morning: practice yoga or meet a friend for coffee
- Tuesday afternoon: write an activity plan for the next day

WEEK: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SATURDAY	SUNDAY	NOTES: _____		

3. PRIORITIZE

How do I prioritize?

Ask yourself the following questions:

- Do I need to do the entire task today / in one go?
- Can I get someone else to help?
- Does the task need to be done at all?

Figure out what is most important for you to accomplish today and this week. With limited amounts of energy and time, setting priorities is essential.

Make a to-do list and start with the most important activity. Less important activities can wait, be done at a later time, or be delegated to other people who are willing to help.

PRIORITIES

- 1.
- 2.
- 3.



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