

MODULE 1.3

Pacing

Module Purpose

To understand the power of pacing used in conjunction with the skill of listening to and correctly interpreting the messages we receive from our bodies.

To begin to raise awareness about patterns in activity/cognition that may be getting in the way of pacing our lifestyles in a way that supports the healing process.

Key Points

- Pacing is a valuable skill – a key component of a physical recovery plan
- The objective of pacing is to balance activity with rest so that you can stay as active as possible without overexerting yourself
- We need to build more energy than we use each day
- The body is an ever-changing dynamic organism that needs different things at different times so **flexibility** will complement a successful pacing routine
- Learning to listen to our bodies is a skill that will carry us beyond pacing into a sustainable long-term lifestyle



Image Source: <https://colemaninsights.com/wp-content/uploads/2014/05/listen-1.jpg>

Wellness Plan Reminder

- To create a personal plan for wellness that we can implement on a day-by-day basis

- To assist our supports, such as health professionals and Social Services, to understand more about the condition and the strategies we have in place to assist our wellness regimes

It is something that we will be continually tweaking and adjusting as the body is an ever-changing, dynamic organism that needs different interventions at different phases of the illness.

Key Message

- We need to build more energy than we are using per day
– Alex Howard

Summary

Initially we look at the two main approaches to pacing: cerebral head-based approach and intuitive, body-based approach, and what these consist of. We give tips on how to establish a baseline that is unique to your needs.

Activity types are separated into physical, mental, and social. We include questions you can ask yourself around each of these, as well as boundaries to help guide you towards setting activity limits. Additionally, some key priorities are offered which are relevant to whether you are in a healing, reintegration, or total integration stage. Different types of tiredness and solutions to each of these are offered.