

## THE ART OF PACING

There is no one simple prescription for pacing because the whole point of pacing is about learning to listen to what your own body is communicating to you and adjusting your activities accordingly. It is not a mental activity but a lesson in learning to feel your body and understand what it is communicating to you. It is an art – not a science. It is also an individual process, not something that can be prescribed.

For many people this is a critical skill that they need to learn – often the lack of listening to or trusting the body, in part, may have led to the development of the illness in the first place.

Managing activity levels requires a fine balance between doing enough to keep your body from becoming de-conditioned and avoiding chronically overdoing it, constantly putting your body into post-exertional malaise.

Gently bounce boundaries to gain feedback to establish when it is time to increase, stabilize and decrease your activity levels. Bouncing the boundaries means testing your physical limits by gradually, gently and incrementally adding extra activities into your daily plan to see if you are able to increase your baseline of energy.

Each new activity introduced should be seen as an experiment. You are in control of this, allowing you to feel into and listen to your body and its reactions to activities as you gradually allow them in.

Your physical limits will be changing all the time so do not worry about the occasional blip – remember the graph of improvement, with blips along the way, is the natural road to recovery.

ME/CFS & Fibromyalgia Rating Scale	
<b>100</b>	Fully recovered. Normal activity level with no symptoms.
<b>90</b>	Normal activity level with mild symptoms at times.
<b>80</b>	Near normal activity level with some symptoms.
<b>70</b>	Able to work full time but with difficulty. Mostly mild symptoms.
<b>60</b>	Able to do about 6-7 hours of work a day. Mostly mild to moderate symptoms.
<b>50</b>	Able to do about 4-5 hours a day of work or similar activity at home. Daily rests required. Symptoms mostly moderate.
<b>40</b>	Able to leave house up to 5 days a week. Moderate symptoms. Physically active 3-4 hours a day.
<b>30</b>	Leave house several times a week. Moderate to severe symptoms. Active 2-3 hours a day.
<b>20</b>	Leave house once or twice a week. Moderate to severe symptoms.
<b>10</b>	Leave house occasionally. Severe symptoms.
<b>0</b>	Bedridden. Unable to care for self.

Scale reference [http://www.treatcfsfm.org/menubar-Rate-Your-CFS\\_FM-111.html](http://www.treatcfsfm.org/menubar-Rate-Your-CFS_FM-111.html)