

The Daily Plan

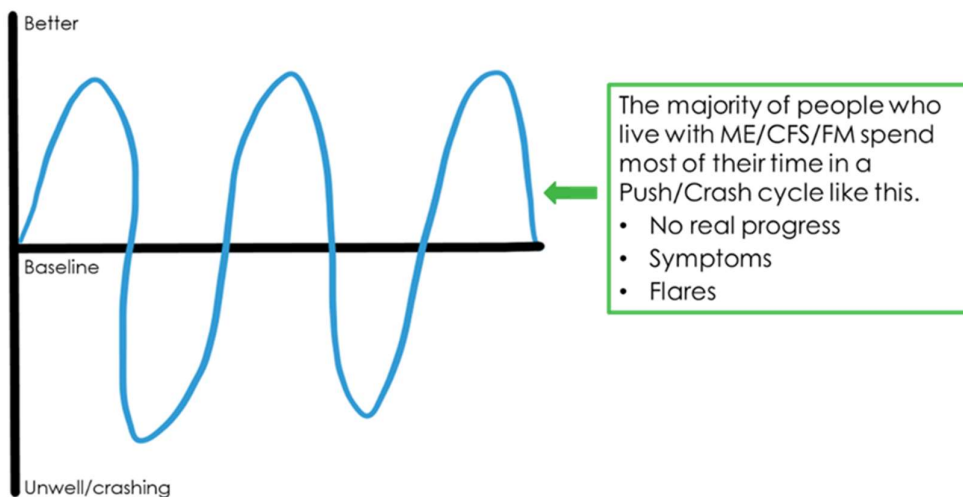
A Pacing tool – finding your baseline of energy

Would you take your phone out if it had 20% battery and expect it to run for the whole day? No, because it would shut down if it got used, in fact it would still run out of power as it sat in your pocket. So why do we expect ourselves, with poorly functioning mitochondria and sub-optimally functioning systems, to do so many of the things we used to do?

Pacing is a really hard skill to learn but is one of the best tools we have to manage these conditions in a way that can actually **improve our quality of life** – it works.

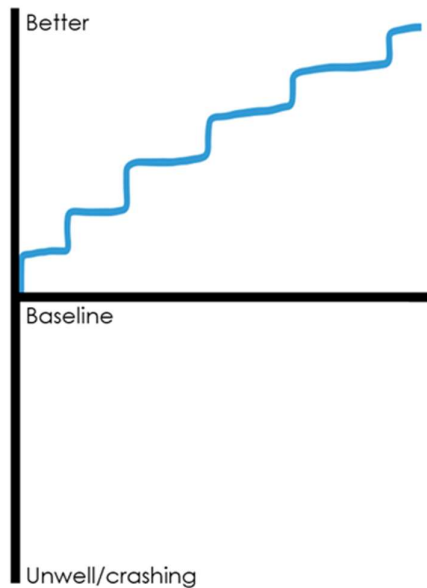
Many times people don't want to try pacing because it takes time, it takes energy and it takes dedication, but it is not as hard as you think and it is a step that is so very worth it.

The Push / Crash cycle of ME/CFS/FM



What we aim to do is to smooth out this pattern to stabilize and maintain energy levels, so that you are able to gradually increase your activity levels.

Once you have found your baseline, give your body time to become familiar with your stabilised activity levels. This could be a couple of weeks or longer, which will depend on each individual. You can then gradually increase your daily activities at a level you can confidently maintain e.g. adding a small extra task, or lengthening an existing activity.



Progress

- Stabilise
- Improved wellness
- Decrease in symptoms

This is recovery.

Don't compare yourself with others! Focus on what you can control right now. 😊

Try using a daily plan to map out what you aim to do each day. Focus on activities that nourish or are important to you and help move your body into a healing state.

A great place to start is to list all the things that you can do currently that do not cause any more symptoms or PEM. Everyone is different, below is an example:

Appropriate Tasks

- Eating a meal
- Shower every second day
- Sitting in the sunshine
- Meditating
- Listening to audio books

These are tasks which keep you at your baseline, or just above it.

Inappropriate Tasks

- Watching TV for 6 hours
- Showering daily
- Doing more than 3 hours work
- Cleaning the house all at once
- Taking calls after 5pm

These are tasks which take you over your baseline and cause you to crash over time.

Once you have worked out what you can do without increasing symptoms, you can then add this into a daily plan. Keeping an energy diary for about two weeks can really help with this.

This is an example of a daily plan, you need to make sure it suits your needs – what you need to achieve each day and your own energy times (AM or PM energy). Try your own on the following page.

DAILY PLAN EXAMPLE

Time	Activities	Tips
Morning – 11:00AM	Get up slowly Get dressed Wash face and brush teeth Eat breakfast AM rest – in bed, dark room, 30-45mins	Upon waking, get some direct sunlight on your skin, without wearing sunglasses. 10-15 mins is ideal
11:00 AM – 1:00 PM	Move from bedroom to sit outside in the sun Pat animals Eat lunch Light reading or something enjoyable	Try to eat small meals regularly
1:00 PM – 4:00 PM	PM rest - in bed, dark room 30 minutes - 2 hours Your choice of activity for 45 minutes Shower Movement	Choose activities that do not over tax your body and mind
5:00 PM – 8:30 PM	Evening meal prep Social time with family or friends Unwind for 45 minutes prior to bed without bright lights	Watch the sunset Limit phone calls
8:30 PM – 9:00 PM	Head to bed Have light snack or warm drink	A bedtime routine is very important for the brain and body
Overnight	Sleep or rest in bed overnight Use meditation app or sleep radio to help return to sleep	Do not worry if you can't sleep, resting is still beneficial
Movement	Add in a 5 - 30 minute session of restorative movement when your body has the energy. Some people are morning movers, others are afternoon. Moving can energise you	