

Pacing Directions:

1) **Identify and track your baseline time for your active tasks.** Do this for all your activities of daily living. (driving, chores, fun, exercise, work etc.)

Find your initial baseline by making an educated guess paired with some trial and error. The rule: if your pain goes up by 2 points on the pain scale or about 20% then cut the time in half. You can also

Example:

You do the dishes for 30 minutes, and your pain goes from a 5 to a 7. Your baseline is now 15 minutes. If you can do dishes for 15 minutes and your pain does not flare up that is great news.

2) **Determine and track your active resting activities.** 5 minutes is a standard time for resting, however it will depend on what active task you are pairing it with and your personal needs.

Active resting allows time for your body to do something less strenuous. Consider the muscle groups you use for your active tasks and think about ways you can rest them with lighter activities. Be sure to include fun and relaxation. Put a list of active resting on the form and mix and match as needed with the active tasks.

3) **Plan your progressions.** Increase your time for active tasks by 1 minute each time.

Example

Your baseline for dishes is 15 minutes.

Week 1 progressions:

Day 1: Wash the dishes for 15 minutes, then engage in active resting for 5 minutes in between until I finish washing.

If that felt good, I will progress day 2.

Day 2: I will wash the dishes 16 minutes at a time, active resting for 5 minutes in between until I finish washing.

If that felt good, I will progress day 3. And so on.

What if you did not feel good after a progression? If the pain did not cause you to avoid movement and did not go above 2 points, then stay at your current baseline. If the pain was enough to cause you to avoid movement, gently go back halfway to the previous limit.

The idea is to progress in a consistent manner so your body can adapt to the challenges without causing a flare up. Soreness after an activity is a normal part of rebuilding strength. Remind yourself that you are sore but safe.

What if you do get a flare up? It's okay, sometimes a flare up is out of your control. Allow yourself the time you need to recover. Remember, you will use pacing on good days and bad days both. If you can't do much, be sure to do something to move your body that day.

4) **Make sure to follow your plan.** Print it out and stick reminders to places where you do the activity. Set an alarm when you must stop, and make sure to stop even if it feels good to continue. Keep a journal so you can track when pain flares come on, sometimes they occur the next day. This is a long process that breaks the ongoing patterns of boom and bust. It will require patience and honesty with yourself.

Links

Deconditioning Explained

<https://youtu.be/Mtixa3NUBcE?si=BdmoDRNBRL6uJvkM>

Pacing Explained

https://youtu.be/f5aRl3Y_W_o?si=61nZwdMr9HQwVMhU

Pacing, Posture, Body Mechanics and Movement Playlist

<https://youtube.com/playlist?list=PLBK0HTftVEcGStLDEgIDTIMq7xTAQXUN&si=jn8hA17abpU6mzT9>

Mindfulness Talks

<https://www.youtube.com/watch?v=KqS9qHEWnaA&t=69s> <https://www.youtube.com/watch?v=OLQJJDrbj6Q>

Mindfulness Practice

John Kabat-Zinn on Mindfulness and Pain

<https://www.youtube.com/watch?v=KqS9qHEWnaA&t=69s>

A Different Approach to Pain Management: Mindfulness Meditation | Fadel Zeidan | TEDxEmory

<https://www.youtube.com/watch?v=OLQJJDrbj6Q>

Letting Go of Judgement

https://youtu.be/Fa5P_9mIseo

Activity and Break Apps

<https://apps.apple.com/us/app/stretchminder-exercise-snacks/id1518522560>

<https://apps.apple.com/us/app/find-what-feels-good/id1050813703>

https://www.umssystem.edu/totalrewards/wellness/activity_and_break_apps

Boundaries Resources

<https://www.nedratawwab.com/set-boundaries-find-peace>

What is a life well lived?

Use this section to create your own resource and inspiration list for the future that you are working to create. Here are a few things to get you started.

https://www.instagram.com/reel/C5WNwseNL1u/?utm_source=ig_web_copy_link

<https://designingyour.life/>

<https://www.jayshetty.me/>

Living with pain can affect all areas of your life. No one can do it alone.

If you are experiencing a suicidal crisis or mental health related distress, **please contact 988 via phone or text**. This is free, confidential, and available 24 hours a day.

You may also find information on their website www.988lifeline.org

If you are experiencing food or housing insecurity, and need access to mental health and other social services call 211. This free service will connect you with local organizations offering services. You may also find information on their website

www.211.org

