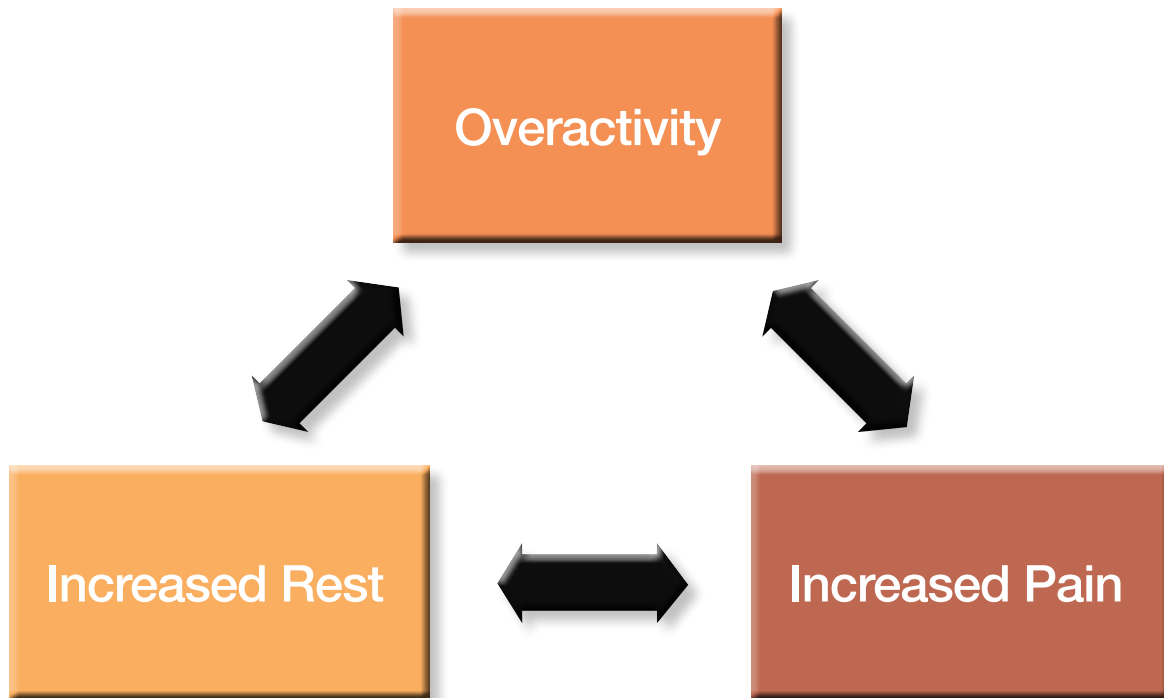


PACING ACTIVITIES

Some people are prone to “pushing through” pain in the name of accomplishing a task and will not stop until it is complete, while others may be preoccupied with fears about harming themselves and avoid activity altogether. Sometimes those with chronic pain use a “good pain day” when they are feeling better to try and complete one or more rigorous activities that have fallen by the wayside. The next day, they wake up with increased pain levels and rest for a day or more to recover. This **Overactivity Cycle** may happen on a recurring basis and can lead to negative consequences such as increased stress and anxiety, decreased efficiency, lowered self-esteem, and avoidance of any activity.



Engaging in a moderate, safe level of activity on a regular basis is how to avoid this cycle. Using the skill of pacing, where time is the guide for activity engagement, can be a helpful strategy. Pacing is about balancing activities, planning ahead, and working “smarter not harder.”