

## Prioritising, Planning and Pacing

There are many things to do and many demands placed on all of us. Pain/fatigue will limit what you can do and how much you can do.



### Prioritising

Choose the most important things that need to be done, ie. what has got to be done today or this week, and what could wait until tomorrow or next week?

### Planning

Once you have prioritised what has got to be done, then you need to make a plan. Make sure that the activities you find more difficult are spread out, and not done all in one go.

### Pacing

Find your time limits and stick to them, even if you feel like doing more or don't feel like doing anything.

## How to find your time limits

Work out what your time limits are in some basic activities eg. sitting, standing or walking.

Think about how long you could do each of these activities on a good day and then on a bad day.

Initially restrict the time that you do each activity to the time limit of a bad day, an example may help, for instance:



	Good Day	Bad Day	Time limits
Sitting	30	5	5
Standing	15	3	3
Walking	10	2	2

**Pacing** means doing this whether you feel good or bad - not overdoing it on a good day or doing very little on a bad day, but a steady amount of activity every day.

