

Pacing Yourself to Reduce Your Pain

Many people try to “work through” their chronic pain, but in most cases, this is not a helpful approach to pain management and may even make your pain worse. Instead, experts recommend a method called “time-based pacing,” which simply means segmenting an activity into time intervals and taking breaks before there is a flare-up of pain.

Different types of activities require different pacing and you will undoubtedly have to do some experimenting to find out the ideal activity time and rest time for each task. This worksheet is designed to help you determine your activity and rest time for a week’s worth of activities. Start by keeping track of the tasks that are most important to you and don’t forget to practice other pain management techniques, like deep breathing and relaxation, as well.

Week Beginning _____

Activity	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Time Active Time Resting	Time Active Time Resting	Time Active Time Resting	Time Active Time Resting	Time Active Time Resting	Time Active Time Resting	Time Active Time Resting
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