

How to embrace Pacing and Movement to help you manage your fatigue

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Session structure

Objective: to learn how to start building a successful pacing approach and how movement can and should be incorporated into your days.

Content:

- Short introduction
- Practical pacing guidance
- Movement and exercise discussion, plus a practical session!
- Questions

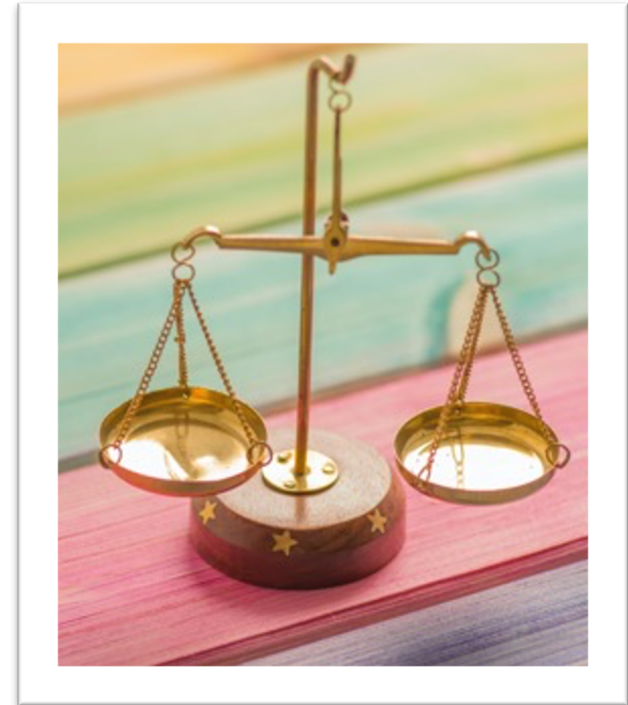
Getting started with pacing

Pamela Rose
wellness & lifestyle



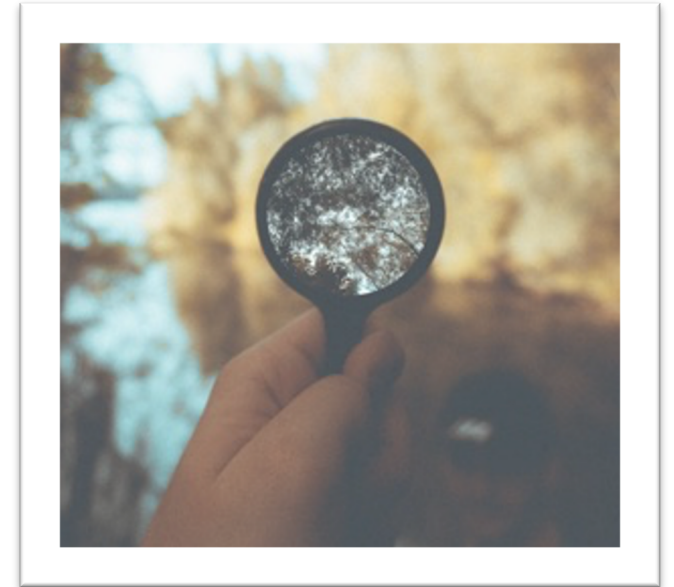
Pacing: 3 key things to focus on

1. Move from a 'day view' to a 'task view'
2. Plan ahead
3. Build a daily discipline



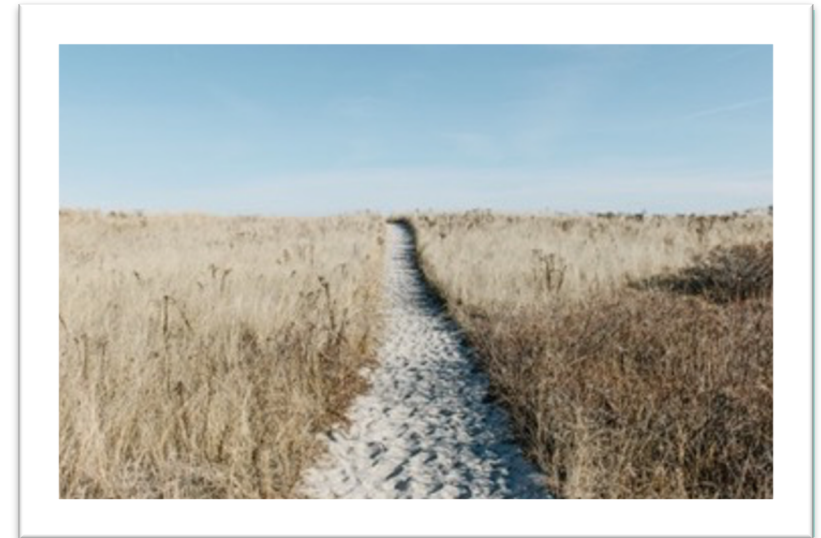
I. Moving to a task view

- Go from task to task, not day to day
- Start to give some dimension to each activity
- Pause, reflect, assess, size – then go forward



2. Plan ahead

- Knowledge is key!
- Advance management is always the best approach
- Balance your pacing across the week, not just the day
- Look for the week's key features
- Then create your care notes.





Weekly plotter

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		11am Doctor appt 2pm Hair appt	10.30am - Daughter's play date (need to keep it to an hour! - LARGE) 2pm - Session with Pamela 7pm - Call with friend (30 mins)			12.30pm Family Meal at restaurant (LARGE)
	Care note: keep today gentle in preparation for tomorrow.			Care note: damage limitation day, keep it gentle.		When planning the day keep rest of it nice and light as meal will be tiring!

3. Planning each day

- By far the people who benefit most, plan and structure most
- If it's effortless, you're not doing it right!
- Focus on must-do tasks first
- Include cognitive tasks too
- Timing is everything
- Schedule your day – including rests
- Plan and review in-time, don't blindly follow
- Review and reflect



Over to Amy....



Movement vs Exercise



Exercise



- Nervous system dysregulation is a key component of post-viral fatigue
- Exercise is activating to the nervous system. It can be defined as 'eustress' (beneficial stress)
- Physical or mental exertion can lead to PEM (post exertional malaise)

Movement



- Certain movements are beneficial in soothing the nervous system.
- "Mindful movement" is calming for the mind and body. It can feel like a more accessible approach to meditation.
- Movement can alleviate feelings of stagnation and be energetically refreshing.
- Emotions are stored in the body. Bringing greater awareness to sensations, helps us develop our ability to listen to the body.
- In embodiment based movement practices, we work to identify movement or postural patterns that may be contributing to chronic stress and tension. This "neuro muscular" approach gives us new options to create greater ease, mobility and joy.

Useful links

- Spoon theory: <https://butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/>
- <http://www.pamelarose.co.uk>
- <http://amydaviesyoga.co.uk>



Any questions?

