



How to stop the boom and bust cycle...

For some people (including me in old days), doing everyday activities can increase our pain. This happens because we try to do too much all in one go. We say to ourselves, "I've got to do it all now, because later my pains going to be bad."

Boom and Bust Cycle

Planning, prioritising and pacing daily and everyday activities, is essential, and we need to relearn that doing everyday activities doesn't mean '*increased pain.*'

Some people, as I did, use pain as a guide as to when to start and stop everyday activities. For example when are doing an activity, and when our pain starts or increases we see this as a signal to stop, and this isn't pain management. *This is the pain managing you!*

So, let's have a closer look at using pacing for preparing and cooking a meal.

Pacing is breaking up everyday tasks into small pieces, and taking a break BEFORE we think we need to. So the golden rule is... Don't wait until pain starts or increases before taking a break.

Below is an example to pace preparing and cooking a meal, without increasing your pain.



Checklist:

- Before we start, either do some relaxation or stretching to prepare our bodies for action. Relaxation and, or stretching our muscles is preparing our bodies for action.

Morning:

- Get out the ingredients you are going to use to cook your meal.

Afternoon:

- Prepare the food washing and peeling (sitting or standing)

Cont/.

Evening:

- Cooking the meal check list...
 - Do you need to do some relaxation/stretching before starting?
 - Remember to take your time, don't rush and remember to take some breaks.

Washing up:

- No, not everyone's favourite job is it. Once again, break it up as to how you wash and dry plates, pans and cutlery etc.
 - Example:
 - Wash and dry plates, take a break
 - Wash and dry pots and pans, take a break Wash and wipe cutlery, take a break

Can you see a common theme? The theme is prioritising, planning, and pacing. In other words, we are taking a break before we think we need to. We are not letting our pain be our guide, as to when we start or stop activities.

So, have a think about how pacing daily activities more effectively and you can explore how you could do this with others. Gardening, DIY, walking and yes, even work.

