

ENERGY BUDGETING & PACING

USE CAPACITY INTENTIONALLY - NOT AS A MORAL SCORECARD

Some chronic conditions involve limited or variable energy. Pacing can mean balancing activity and rest rather than repeatedly pushing until you crash.

LEARN YOUR PATTERN

- Do you overdo on better days and need long recovery afterward?
- Do you avoid activity because you fear symptoms?
- What tasks reliably use more physical, cognitive, emotional, or sensory energy?

BREAK TASKS DOWN

- Use smaller steps, shorter work periods, seated options, adaptive equipment, delivery, batching, or help from others.
- Stop before every resource is gone when your condition requires it.

PRIORITIZE BY CONSEQUENCE

- What must happen today for safety, health, food, housing, caregiving, or work?
- What can be simplified, delegated, delayed, or dropped?
- Protect energy for what matters most.

REST CAN BE PLANNED

- Planned rest is different from collapse after overexertion.
- Quiet, lying down, reduced sensory input, sleep, hydration, food, medication, or another recovery strategy may be needed depending on the condition.

AVOID ONE-SIZE-FITS-ALL RULES

- Pacing approaches differ across conditions and people.
- For chronic pain, research uses different pacing models and evidence is mixed; individualized guidance matters.
- Follow condition-specific medical advice when activity can affect safety.

BUILD A FLEXIBLE PLAN

- What is today's capacity: low, medium, or higher?
- What is one essential task, one meaningful task, and one recovery period?
- What sign tells me to adjust rather than push through?

Capacity is information. Plan around it with flexibility rather than turning productivity into a measure of worth.