



Barnsley Children's Therapy Services

Pacing

What is pacing?

Everybody has a different amount of energy. We can compare your energy to the charge in a battery. You need to make sure that you have enough charge in your battery to be able to do everything you want to do every day. If you do too much and use up all of your energy then you won't be able to do what you want to do. Pacing is making sure you don't use too much energy in one go.

How do you charge your battery?

You can charge your battery by doing activities which energise you.

Can you make a list of things that you do to energise your battery? There are some examples below:

- Time on tablet/phone, listening to music
- Gentle exercise or activity that you enjoy
- Spending time with friends or family
- Resting

Can you make a list of things you know drain your battery? There are some examples below:

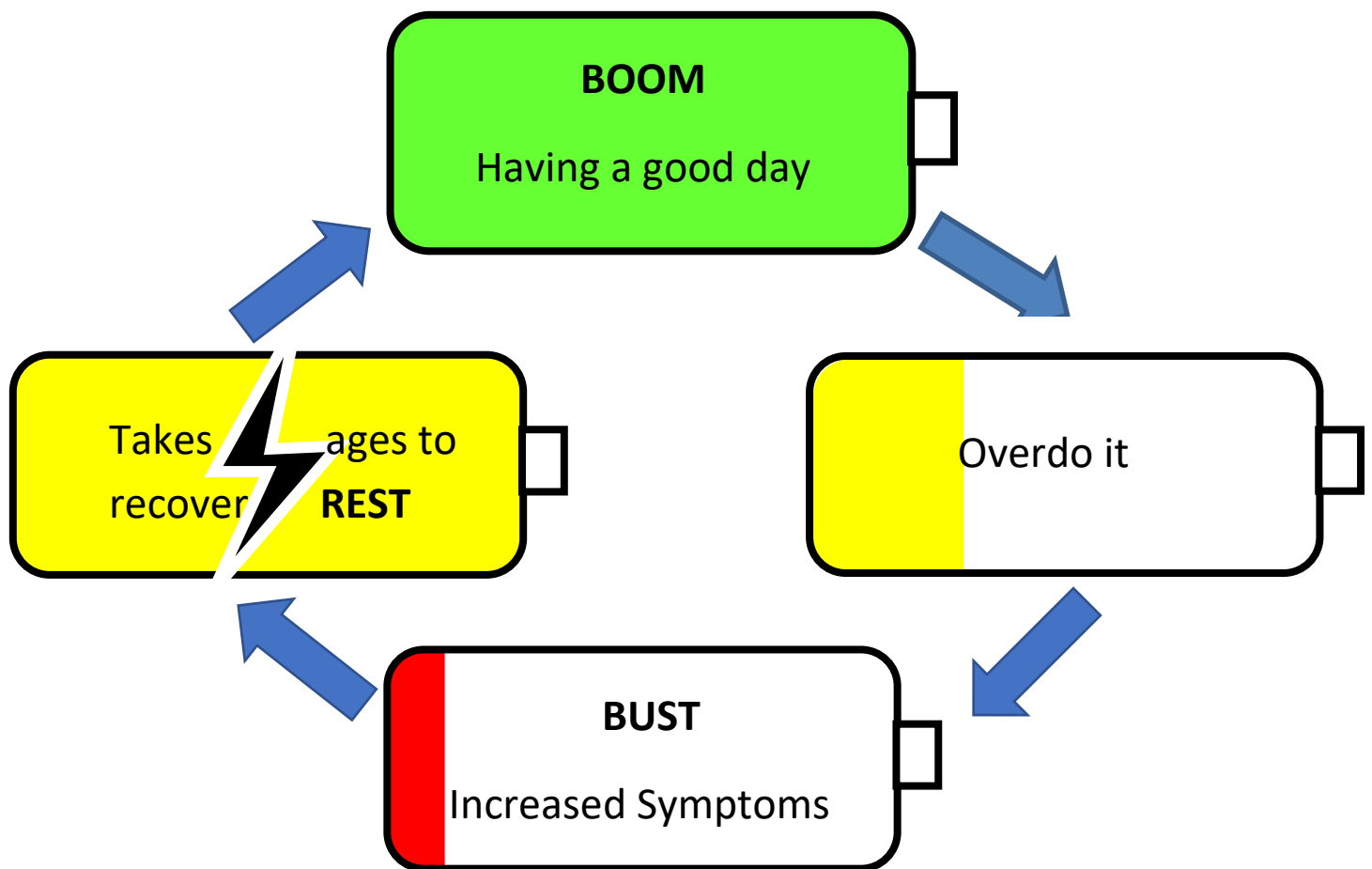
- Too much exercise
- After school activities (after a full day in school)
- Concentrating in school or while doing homework
- Emotional or stressful situations

Once you have your lists of activities that energise and drain you, you can work out how to balance the two to keep enough charge in your battery. This might mean swapping some draining activities for energising activities if you can.



The Boom Bust Cycle?

People have good and bad days. On a good day your battery may feel like it is fully charged, and you can do more. But by doing too much on your good days, your battery may become empty and the following day you might feel really tired and not be able to do anything. This is called the 'Boom and Bust' cycle.



Pacing is about being able to stop yourself before you get to 'bust'



How to pace activities

Pacing is a way of changing how you do everyday activities. It can be done in all areas of your life (e.g. home, school, with your friends or out and about.) In the morning you can work out how charged your battery and then use your energising and draining lists to work out how to pace your energy during the day.

Ways of pacing your energy could be:

- doing half the amount of tasks you would really like to!
- having a rest by making yourself sit down or have a nap
- using equipment that helps like your wheelchair, walker or a specialist chair
- don't do lots of activities that use a lot of energy all in one go, spread them out over the week.
- doing a relaxing activity (energising activity) after a draining activity to recharge your battery.
- asking for help with an activity
- knowing when your energy battery might be running low so that you can change what you are doing
- eating healthily and drinking water at regular times
- having regular bedtimes

Remember, pacing means doing a little bit often, not all of it at once



List your energizing and draining activities

A large battery icon with a black outline and a handle on top. The entire battery is filled with a solid green color, representing an energizing activity.A large battery icon with a black outline and a handle on top. The battery is mostly white, representing a draining activity, with a red section at the bottom.