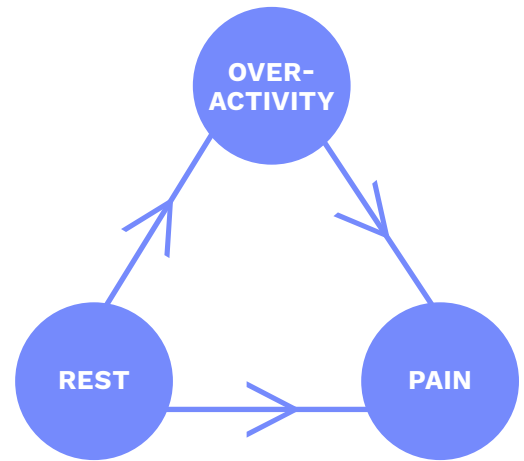


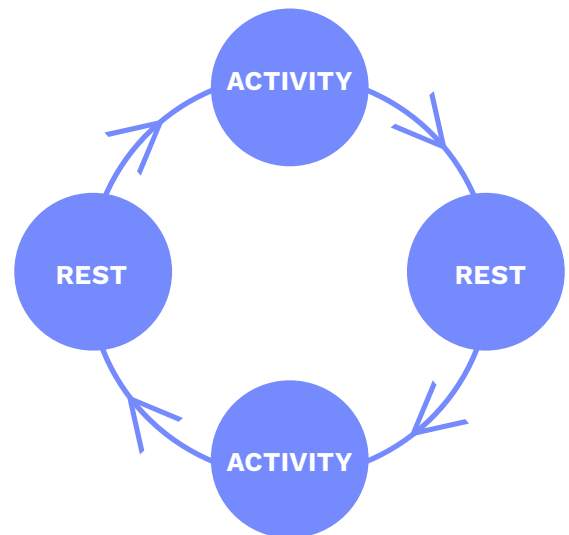
PAIN CYCLE

If you have chronic pain you may push yourself to do lots of physical activity when you are having a “good” day. Unfortunately, later your pain is usually so severe that you have to rest for a long time to recover. This is called the **PAIN CYCLE**. It looks like this:



ACTIVITY-REST CYCLE

People usually find themselves repeating the pain cycle over and over. Unfortunately, doing this can make your pain worse, and can make you more tired, tense, and worried. In the long term you may find that you end up avoiding things that are fun and make you feel good to keep from having severe pain. The best way to avoid the pain cycle is to develop an **ACTIVITY-REST CYCLE**. You can do this by pacing yourself. That means you alternate planned periods of activity with regular rest periods. It looks like this:



THREE STEPS TO PACING YOURSELF

- 1 Make a list of some of the things that you tend to overdo.
- 2 Make a time limit for the activity and then **STOP** and **REST**.
- 3 Keep track of how you are doing (how many times did you stop yourself from overdoing it?).