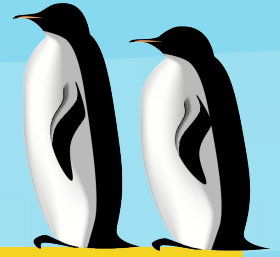


PACING PENGUINS



Penguins get their energy from fish. Activities they do depends on how many fish they have. Managing your energy is the same.

How to gain energy

Have a good night's sleep

Manage pain

Balanced diet/eat often

Drink enough water

Short frequent rests

Mindfulness/meditation

Leave some energy spare

Ask for help to do things

Use equipment to help

Do activities sitting down

Know what takes up energy

Medication to aid symptoms

Avoid overdoing it

Stabilise temperature

Sensible energy use

Plan your day/week/month

Be flexible/have a back-up plan

Break activities into small parts

Take mini-breaks in activities

Alternate easy/hard activities

Do what makes you happy

Learn what is most important

Rest before you need to

Spread your energy use out

Learn activity energy demands

Have regular quiet rest days

Balance brain and body energy

Use equipment/help as needed

Match activity to energy

Energy drains

Have a bad night's sleep

Staying up too late

Not eating enough

Making poor food choices

Not drinking enough

Issues going to the toilet

Side effects of medication

Doing too much or too little

Unmanaged symptoms

Anxiety and worry

Infection/illness

Being too hot or too cold

Extreme emotions

Unmanaged pain

