



# The Pacing Workshop

## The Pacing Workshop involves:

- The attendance of 5 sessions, which are an hour and a half long (once a week).
- It covers the best researched and evidence based pacing strategies to help you understand your pain experience further and how to cope with it using ideas you may not be using at present. The successful use of Pacing allows for individuals to maintain a certain level of activity every day, and to gain a better balance of activities that can be performed without over-doing things, making it manageable to carry out everyday tasks without an increase in pain.

## How will it benefit me?

The Pacing Workshop introduces you to strategies that can help you cope more adaptively with chronic pain, rather than rely on medical interventions. Chronic pain is a complex experience which can be confusing, make it difficult for you to do things you want to do and upset your overall emotional well-being. The Pacing Workshop will give you information and some ideas of how you can contribute to self-managing your own pain experience.

## What are the risks?

There are no known risks for attending the Pacing Workshop. However, we do advise that you bring anything you feel may help to keep you more comfortable for the duration of the sessions, such as cushions and refreshments.

## What is involved?

You will not need any special equipment or clothing. If you usually wear glasses for reading or watching screens, please bring them as a projection screen will be used to display information. We will also have a break during the session.

There will be some practical tasks that you will be invited to try if you wish. You will not need to take notes as hand-outs will be provided after each session.

## Topics covered:

- Planning
- Prioritising
- Problem solving and how to deal with unhelpful thoughts that may be a barrier to pacing.