

# Pacing Basics 6

Cognitive Pacing

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# Overview of Session

Who am I?

Ground rules

Pacing - How is cognitive pacing different than other types of pacing?

# What uses Energy?

Cognitive



Emotional



Physical



Social



Varies person to person what activities will have the biggest impact or “cost”. Often grouped in physical, emotional and cognitive. Can include digesting, watching TV, worrying about something. Environmental and other factors such as multitasking can increase the energy spent

# What Increases or Exacerbates Energy Used?

- Cumulative amount we do - particularly if already used up everything “in the tank” . Equally if we did too much in the last few days everything can use more
- Duration
- Intensity
  
- Environmental
- Other health issues/requirements
- Stressors
- How well rested before and afterwards
- Multitasking and multi type activities e.g. with physical AND mental component

# What will often make the biggest differences

- Remember energy envelopes - you only have so much energy each day
- Do less - Think about budgeting money - savings can be made but only up to a point, then you need to earn more or spend less
- Add High Quality Rest Periods

# What is Distinctive about Cognitive Pacing

- With a physical task like vacuuming a house it can be easy to break the task down into 5-10 min. periods, use aids and adaptations or even have someone else do it.
- Warning signs of over-exertion can be different and easier to mask/suppress
- Rest is a lot harder because we can be feeling emotions, pain, having passive thoughts or still be working on a cognitive activity when we try to rest
- When hearing examples that do not seem to apply to you it can be alienating and make it harder to take on board the ideas

# What can help particularly with cognitive pacing

Break activities into smaller sections

Regular breaks and rests

Listen to yourself and what your body is telling you

Learn to compartmentalise

Relaxation and other rest aids - maybe certain room/table etc. for non-rest activities

HRM - often using Resting Heart Rate Formulas

One thing at a time

Environmental Issues

## Example Tasks

- Benefit Form
- Reading
- Watching TV



# Cognitive Challenges to Pacing

Ending Conversations & Activities

Understanding Pacing theory and applying it to yourself

Picking up on signals of issues

Denial

Stimulants and other similar “maskers”

## Red Herrings, Complications and Challenges

- Stimulants and Suppressors
- Euphoria and Denial
- Biases and Prejudice
- Other Medical Causes - e.g. dysautonomia
- The Noise - if still in boom/bust cycle or just too many other things going on

# Energy cognitive pacing tips

How tiring is it to try to remember things?

Avoid overstimulation

Aids and adaptations do still exist and can make a massive difference

Manage emotions

Often you need to learn new ways of carrying out tasks - do an energy “audit” of how you do a task - can you find a less tiring way of doing it?

Make use of help - and within your family, friends and communities consider changes that could save you energy

Need to choose appropriate tasks for you now

Consider your “mental load” - passive & hidden tasks, duties, responsibilities etc.

# What To Do When You Know Something Is Causing PEM

- Do Less - if it is more the general amount rather than specific things

A whole session or more will look at this in much more detail:- Here are some things to help

- Do it less often/avoid doing it where possible, stop doing it sooner
- Explore different ways of doing the task or achieving the benefit/need differently
- Get help from people or aids and adaptations
- Rest before and after task - if possible also rest during
- Ask for help from the community - others will have dealt with this situation before
- Break task down into different elements where possible
- Explore what can be done with environmental factors and other elements increasing the fatiguing / PEM causing elements