

# Planning and Pacing



Rest is critical following an injury to the brain. Of equal importance is the gradual return to activity during recovery. Too much rest will not promote recovery, but doing too much will cause prolonged symptoms and delay your recovery. By using a point system to plan your activities, you can pace yourself to minimize symptoms while promoting a healthy amount of activity.

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Begin by identifying how much stress or symptoms each of your activities causes.

In the following section, we want you to assign a number to each activity according to the amount of stress/fatigue/symptoms it causes you.

Using the scale of 0-5 (1 being very minimal symptoms and 5 being extreme symptoms) assign a number to each of the activities.

For example, if you find reading for ½ hour enjoyable or non-fatiguing, it would be assigned a 0. If you find it extremely fatiguing, it would be assigned a 5.

Everyone responds differently to each activity. You may need to do the activity before giving it a number. That's okay. There are no right or wrong answers.

**We are here to help!**

## Activities of Daily Living

If there is an activity you aren't currently doing, mark it N/A

Function	Point Value Assigned
Self-Care	
Childcare	
Walking/Light Exercise (yoga)	
Preparing Meals	
Attending Appointments	
Dining Out with Family or Friends	
Reading/Computer for ½ hour	
Shopping	
Managing Medication	
Using the Phone	
Housework/Laundry	
Yardwork	
Managing Finances	
Working (1 hour)	
Driving	
Attending Social Activities	
Therapy Exercises	
TV (1 hour)	
Running Errands	
School Work	

## Knowing When to Slow Down

As you begin to work with your point system, you will learn how many points you can handle. Initially, allot yourself 10 to 12 points per day, then gradually work up to 15 to 20.

It is important to learn the warning signs of when you are approaching overexertion, and rest or adjust your activities accordingly.



### Red – Break Zone

(the point of system overload...it is not productive to push into this zone of prolonged symptoms)

### Yellow – Learning/Caution Zone

(the point you are aware of mild symptoms...this is where you build skills, and strength)

### Green – Comfort Zone

(the point you are symptom free...no learning or progress occurs here)

## Example - Daily Activity Log

Date: May 21, 2019

### Morning:

Activities	Pts.
<u>Self –Care</u>	<u>2</u>
<u>Prepared breakfast</u>	<u>1</u>

### Afternoon:

Activities	Pts.
<u>Doctor's Appointment</u>	<u>2</u>
<u>Read for 1/2 hour</u>	<u>1</u>
<u>Called a friend</u>	<u>0</u>
<u>Paid Bills (Managing Finances)</u>	<u>1</u>

### Evening:

Activities	Pts.
<u>Therapy Exercises</u>	<u>2</u>
<u>TV for 1 hour</u>	<u>1</u>
<u>Total Points for Today</u>	<u>10</u>

Try to plan your day, as well as your week to spread out the more symptom provoking activities. Watch for the warning signs of “over doing it” and rest or change activities. Gradually build up your tolerance for more stressful activities, and avoid pushing thru the symptoms into the “Red Zone”.