



## Pacing Articles

Oct 2022

1. Veterans' Affairs: [Activity Pacing](#)
2. Northern Pain Centre, Australia: [12 Quick Tips for Introducing Pacing...](#)
3. Creakyjoints: [Energy Pacing... Here's How it Works](#)
4. Psychology Today: [Pacing: The Chronically Ill Person's Best Friend](#)
5. National Health Service UK: [Chronic Pain Self Management: Pacing and Goal-setting](#)
6. Pathways Health: [Pacing... to Prevent the Boom/Bust Cycle](#)
7. Healthline: [I'm a Spoonie.... \(Spoon theory\)](#)
8. The Mighty: [23 Spoonie Hacks that can Make Life Easier with Chronic Illness](#)
9. Chronic Fatigue Syndrome (CFS) Self Help.Org: [The Patient's Guide to CFS and Fibromyalgia - Pacing](#)