Discussion Questions for Pacing   **Oct 2022**

1. What are some tools or strategies you use for setting limits and pacing? (ex. Using a timer on your phone or using a planner)

2. As you consider including 'rest' in your day, how do you define rest? What's restful for some is not for others. (Rest can include laying down, watching a show, working on a hobby or meditating.)

3. What makes it difficult to pace your activities?

4. Do you have effective ways of dividing your chores/appointments/ other activities? How do you break your responsibilities down into small steps?

5. Are you willing/able to take frequent short rest periods in your day? If you've tried this, how does it work for you?

6. What is one thing you tend to overdo? What are some tools you could try to help with this specific challenge?

7. When you overdo it, what do you say to yourself? Are you critical or do you show self-compassion? (Consider saying to yourself: It's okay, it was a tough day and I did the best I could.)