



Pacing Articles

August 2023

1. Northern Pain Centre, Australia: [12 Quick Tips for Introducing Pacing...](#)
2. Stanford: [Chronic Pain Self-Management Program \(Tips and Planning\)](#)
3. Creakyjoints: [Energy Pacing... Here's How it Works](#)
4. Cleveland Clinic: [What is the Spoon Theory Metaphor for Chronic Illness?](#)
5. Psychology Today: [Pacing: The Chronically Ill Person's Best Friend](#)
6. National Health Service UK: [Chronic Pain Self Management: Pacing and Goal-setting](#)
7. Veterans' Affairs: [Activity Pacing](#)
8. Pathways Health: [Pacing... to Prevent the Boom/Bust Cycle](#)
9. The Mighty: [23 Spoonie Hacks that can Make Life Easier with Chronic Illness](#)
10. The Rest Room Podcast: [Pacing: a Guide for People Who'd Rather be Doing Other Things](#)
11. Chronic Fatigue Syndrome (CFS) Self Help.Org: [The Patient's Guide to CFS and Fibromyalgia - Pacing](#)
12. West Suffolk NHS, UK: [Chronic Pain Self-management: Pacing and Goalsetting](#)
13. Disability Horizons: [4 Things to Remember when Pacing Yourself if you have Chronic Illness...](#)