



Sustainable Productivity: Finding What Works For You-Questions

- 1.) How has your definition of being productive changed since living with chronic pain or other chronic conditions?**
- 2.) What signs tell you your energy is starting to run low before a flare hits?**
- 3.) What adaptations or shortcuts help you manage household tasks more sustainably?**
- 4.) What accommodations or adjustments have helped you function at work? (paid or volunteer)**
- 5.) What does a successful low-energy day look like for you now?**
- 6.) What has your body taught you about when to push and when to rest?**
- 7.) What role does flexibility play in your planning system?**
- 8.) What have you learned about productivity that you wish you'd known earlier?**
- 9.) What non-negotiables support your productivity? (rest, hydration, meds, movement)**
- 10.) How do you celebrate effort instead of outcomes?**
- 11.) How do you break home tasks into smaller, more manageable steps?**
- 12.) What helps you stop before you've overdone it?**

13.) In what ways do you give yourself permission to slow down without guilt?

14.) What pacing strategies help you balance doing a little each day versus resting when needed?

15.) What helps you recover after a workday? (paid or volunteer)

16.) What tasks have you simplified, delegated, or let go of entirely?

17.) What routines help you conserve energy while still feeling accomplished?

18.) How do you prioritize tasks when you can't do everything? (work or home)

19.) What physical supports help you stay functional? (posture changes, movement, rest breaks)

20.) How do you use lists without letting them overwhelm you?

21.) What helps you stay compassionate towards yourself on days that aren't so productive?

22.) How do you decide what tasks are worth your limited energy on any given day?

23.) What strategies do you have for restorative rest?

24.) What has helped you handle productivity when pain or fatigue is unpredictable?

25.) What signals tell you it's time to stop, even if the task isn't finished?

26.) How do you communicate your needs at work without oversharing?

27.) What tools or supports help reduce strain at home or work help reduce strain on your body?

28.) Are there times of day that are a better time of day for your energy levels and pain to get things accomplished? Share what you have learned about that.

29.) What tools help you manage energy? (apps, planners, timers, reminders)

30.) What strategies have helped you to adjust your expectations around productivity while living with chronic pain? (yours and others expectations)

31.) How have you learned to adapt tasks on higher pain days?

32.) What messages about productivity have you had to unlearn since living with chronic pain and other conditions?

33.) What has helped you build recovery time into productivity, not just after?

34.) How do you decide what can wait if your body says, “not today”?

35.) What does honoring yourself look like on a busy or demanding day?