



Sustainable Productivity: Finding What Works For You- Resources

Virtue Health- [Chronic pain and productivity: Why it's harder to get things ...](#)

Homes and Gardens- [Using adaptive pacing for cleaning](#)

Urban Spine & Joint- [Chronic Pain: Work Accommodations](#)

Bezzzy IBD- [Chronic Illness and the Pain-Energy Cycle: Tips for Coping](#)

Northern Pain Centre- [12 Quick Tips for Planning Your Day with Chronic Pain](#)

Stanford Medicine- [Chronic Pain Self Management Program](#)

FibroGuide- [Activity Pacing - FibroGuide - University of Michigan](#)

Healthline- [Pain Levels and Time of Day](#)

Override Health- [Setting Boundaries to Prioritize Your Healing](#)

MoreGoodDays- [Pain & working | MoreGoodDays Pain-management Program](#)

Patient With Lived Experience- Lynette Bye- [Being Productive with Chronic Health Conditions](#)

YouTube- Meditation For Balancing The Nervous System

YouTube- Self Love ~ A Five Minute Guided Meditation

~I am productive and I still need a break. ~ I am capable of achieving what matters today, I honor my body's needs by pacing myself. ~ I focus on what I can do, not what I can't.