



## Pacing Resources

May 2026

1. Northern Pain Centre, Australia: [12 Quick Tips for Introducing Pacing...](#)
2. Global Lyme Alliance: [Tips for Time Management When Living with Chronic Illness](#)
3. Chronic Insight: [Energy Management with Chronic Illness: An Intro to Pacing](#)
4. West Suffolk NHS Foundation Trust UK: [Chronic Pain Self-management: Pacing and Goal Setting](#)
5. YouTube Video: [Pacing in Chronic Pain \(5 minutes\)](#)
6. Psychology Today: [Pacing: The Chronically Ill Person's Best Friend](#)
7. Stanford: [Chronic Pain Self-Management Program \(Tips and Planning\)](#)
8. YouTube Video, Pain Association Scotland: [Pacing \(3:35 minutes\)](#)
9. Psychology Today: [Pace Yourself: The Key to Managing Chronic Illness](#)
10. Creakyjoints: [Energy Pacing... Here's How it Works](#)
11. Cleveland Clinic: [What is the Spoon Theory Metaphor for Chronic Illness?](#)
12. Veterans' Affairs: [Activity Pacing](#)
13. Pathways Health: [Pacing... to Prevent the Boom/Bust Cycle](#)
14. The Mighty: [23 Spoonie Hacks that can Make Life Easier with Chronic Illness](#)
15. YouTube Meditation: [4 minute Self-compassion for Calm and Inner Peace](#)
16. YouTube Meditation: [4 minute Meditation for Stress Release](#)

PAIN  
CONNECTION

