



### SESSION THREE:

## EMBRACING MY BODY

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Paying attention to what your body is telling you can be challenging but it can help you learn how to live better with your condition(s). This session will help you to think about the effect that different activities have on your energy levels, what triggers your symptoms and how you feel physically and emotionally when you do too much.

### **Activity: My pacing journey**

Using the idea of climbing a mountain, you can plan something that you want to do or think back to an activity where you might have done too much. Start by thinking about what you will need to prepare for your journey, like a good night's sleep or rest the day before. These things can go in your "backpack". Also think about whether you need a guide on this journey, someone to support you. Who might this be and why have you chosen them? Then think about how you will break down the task and give yourself regular breaks. You can represent this visually by creating a picture of a journey up a mountain where you note down the different parts of the activity and times when you will take a break.

When you note down the breaks you will take, think about how you might feel physically and emotionally at that point and add an image, words, colours or textures to represent these feelings. You might try out the activity after the session so you can note down how you feel as you work through the activity. If you are thinking back to an activity you have already done, think about how you could have added in more breaks, how you felt physically and emotionally during and after the activity and how you could have prepared better for the journey.

# MY PACING JOURNEY

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