

# MYLIFE TOOL

EMBRACING  
MY BODY

TOOLBOX  
BOOK TWO



## ABOUT THIS BOOKLET

It can take some time, but you can begin to recognise when you cannot physically or mentally carry on with a task. Or you may need to learn what triggers your symptoms (e.g. certain foods or movements).

Paying attention to what your body is telling you can be challenging and tempting to ignore, but it can help you learn how to live better with your condition(s).

**This booklet will encourage you to think about...**

- The coping and pacing strategies you already use
- Taking extra time to complete an activity and how to break it down into smaller parts

In many conditions time and energy levels are affected. You can use different planning and pacing techniques to manage and conserve your energy levels, but you might not know what techniques you can use or you may not recognise ones that you have already developed .

“Things that you might have planned to do or wanted to do or would like to do, have to get parked”

## LOOKING AFTER MY BODY

This tool can help you get better at thinking about ways to change the demands on your body in a helpful direction. To improve your condition you may need to do certain things differently, e.g. do less of some things (e.g. strenuous activity) and more of others (e.g. helpful exercise).

| Reducing demands on my body                     |   |
|---|---|
| What activities can I stop or delegate?         | E.g. are there things you do out of habit that are not essential? |
| What activities can I reduce/make easier?       | E.g. use gadgets to reduce bending down                           |
| What activities can I break down into sections? | E.g. hoovering one room per day instead of the whole house        |
| When can build rest into my day?                | E.g. regular time-outs mid-afternoon                              |
| How can I mix activities better?                | E.g. change regularly between physical and mental activity        |
| How can I keep enjoyable activities?            | E.g. create space for relaxed time with loved ones                |
| How can I take care of my body's needs?         | E.g. hot baths or stretching exercises                            |

## MY BODY AND MIND

Paying attention to your symptoms can be challenging, because it can make the symptoms feel stronger and maybe even make you worry more about them.

However, if we choose to ignore our symptoms, then we don't learn what makes them better or worse. This tool encourages you to be curious and mindful about your thoughts or activities (or movements).

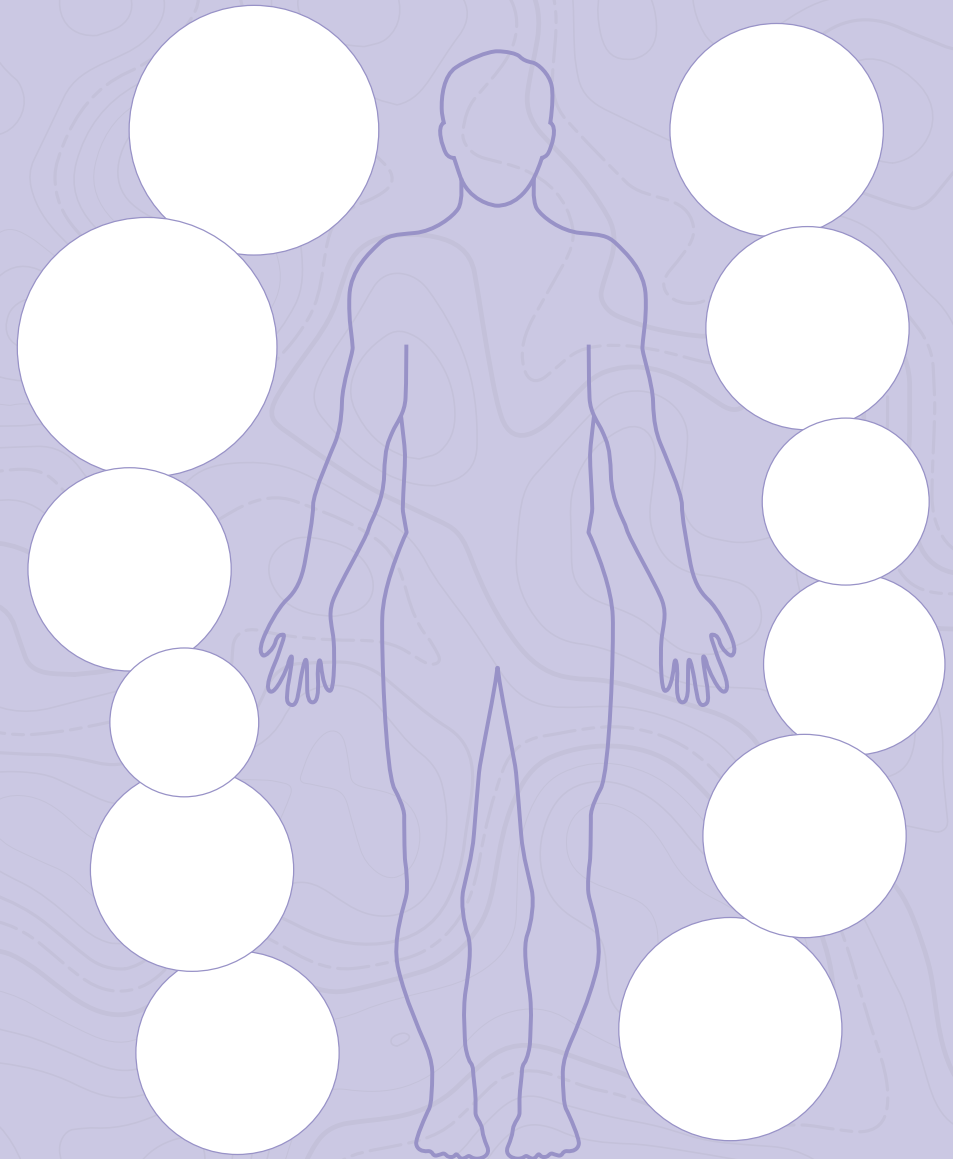
Once you know that, you can think of what to change to make yourself feel better.

Write your symptoms in the head below and the circles opposite and take time to reflect on what helps and what doesn't help with each one.

### MY MIND



### MY BODY



## SPENDING YOUR ENERGY WISELY

This tool can help you become more aware of how different activities affect your energy levels. It may take some time for you to work out what each activity "costs" you but once you do, you can use this tool to plan your days.

Imagine you have ten energy coins to spend each day on activities to keep the scales balanced.

What activities can you do today to keep the scales balanced?

| Activity             | No. of Coins |
|----------------------|--------------|
| e.g. getting dressed | 1 coin       |
|                      |              |
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Did you manage to keep the scales balanced?

|   |   |
|---|---|
| What does your body feel like when you have spent all of your coins?  | What did you do when you had spent all of your coins? |
|   |   |
| If you kept going on borrowed coins, where did you overspend and why? | What could you do differently next time?              |
|   |   |

## ONE DAY AT A TIME

When we are faced with lots of tasks to work through in a day, it can be easy to charge straight into them and forget to pace ourselves. This tool can help you plan your day.

To make sure you don't try to do too many tasks in one day, it is useful to use this tool with the tool on page 6, "Spending your energy wisely".

What simple tasks can you start with to ease into the day gently?

How can you break down the main tasks for today into easy steps?

When can you take short breaks throughout the day?

What time should you begin to slow down and prepare to finish your tasks for the day?

# MYLIFE TOOL

Developed by



## NEURO KEY

An Alliance supporting people  
with neurological conditions



*Meaning & Purpose*

Living with  
**Long-Term Conditions**



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