



SHaRE & REPaIR Programme

WEEK FIVE – Activity.

What is activity and how is it related to FM?

'Activity' is an action or behaviour which often gives us meaning and purpose, it allows us to complete the chores, and experience joy, fun, pleasure and satisfaction. Activity is one of the first things that get compromised when we suffer pain and fatigue and other health challenges.

But which activities get paused...

A: the chores (*the 'shoulds'*)

B: the joyous, fun, pleasureable, satisfying activities? (*the would like to's*)

And if our health challenge persists, are we willing to make the compromises in our activity levels that are necessary to maintain our wellbeing?

How do we go about REPAIRing our relationship with activity?

Activity is any task that requires resources to perform it. Every-day activities use varying degrees of effort, and different tasks affect people in different ways.

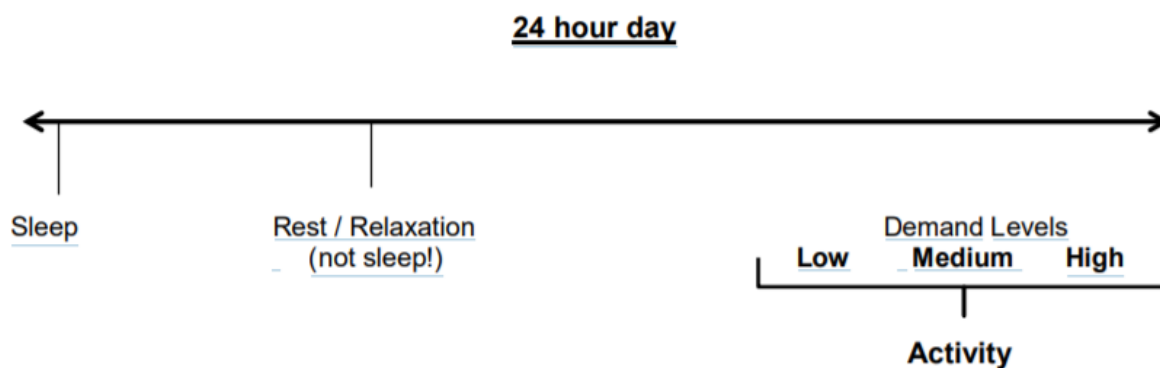
Most activities are made up of component parts which all make demands on you. It may be helpful to analyse activities so that you are aware of the impact each activity may have. This can be useful when you are planning your baseline.

Activities are an important part of being 'human'. People tend to judge themselves and others on what they can do, or what they have achieved.

For people with pain it is often difficult to do all the tasks that they value. As a result, their self-esteem may drop; they may lose confidence and feel that they are no longer a good partner, parent, friend or employee.

An important part of the recovery approach to your condition, looks at these issues. By understanding and controlling your activity, rather than fearing it as something that might make you worse, you will also be working on your self-esteem.

It is sometimes helpful to differentiate between sleep, rest/relaxation and activity (see diagram below) when planning your day.



Low, Medium, High, demand activity

If you think about a whole day and night (24 hrs) you will be somewhere on the continuum at any one time. Are you spending more time at one position or getting reasonable balance?

- Activity places demands on us and therefore needs to be budgeted for within our day
- Activity can be valued and therefore satisfaction is guaranteed, or it can compromise our values and become have a negative impact.

Types of activity

PHYSICAL (SENSORY) - using your body i.e. your muscles, your heart and lungs. Also using your senses such as touch, sight, hearing. Activities requiring physical effort e.g. lifting, moving, carrying, walking, swimming Repetitive movements' e.g. chopping, cutting, computer work Static movements e.g. sitting, standing, bending

COGNITIVE/MENTAL– does it require planning, making decisions, remembering or concentrating?

EMOTIONAL: THOUGHTS and FEELINGS – What thoughts enter your mind about the activity? Do you conjure up images? What happens in your imagination? Are you getting 'hooked in' by unhelpful automatic thoughts and images? Is the activity likely to provoke strong emotions such as anger, anxiety, sadness or frustration?

SOCIAL: INTERACTION and COMMUNICATION – social activities tend to be a mixture of all of the above. You will have to deal with other people; is it easy or hard to communicate with them? Do they offer the level of support that is appropriate.

SPIRITUAL: activities including listening to music, prayer, mindfulness, being in nature, are you seeking to make a meaningful connection with something bigger than yourself? This can result in positive emotions, such as peace, awe, contentment, gratitude, and acceptance.



WHAT IS A VALUED ACTIVITY ?

What are Values?

Your personal code of values, are what is important to you; not something that you want or would like to have, but something you literally need in your life to be happy. A value is a principle or quality intrinsically valuable or desirable to you. Values are personal. They are your convictions, your beliefs and your ethics rolled into one. Your personal code of values may be identical to your family's values. Or they may be dramatically different.

The Importance of Values

Living in agreement with one's values is fulfilling. Living in conflict with one's values is stressful and dissatisfying. That is why it is so important to clearly understand your own personal code of values; your happiness depends on upon not only knowing your values, but living in accordance with them.

Be Stress Free

Stress does not result from hard work, long hours, or multiple roles in life. Stress results from values conflict. When put in a situation where you are unable to honour a value, you will feel stressed out. No amount of relaxation, meditation or exercise will eliminate the stress until the values conflict is resolved.

The Right Values

It's important that we separate society, culture, and family values from our individual sets of values. Values are not about right and wrong as a broad cultural construct, but about what is right and wrong for you as an individual, given who you are and what you want in your life. What you truly value is by definition – right for you. What you value may not be right for those close to you and may be a source of disagreement and dissatisfaction if others attempt to enforce their code of values on you.

Task 1.

Go to www.dorsetpain.org and follow the links to get to **Pillar C** 'Doing what matters' on our 4 Pillar model, here you will find a lot of information (C1-C5) on exploring your values and goals, and planning your activity levels to remain consistent with those goals (<https://tinyurl.com/zhztjwtc>). Here's a sneak preview of the topics you can explore...

Explore your values

What really matters to you, deep in your heart? What do you want to do with your time on this planet? What sort of person do you want to be? What personal strengths or qualities did you want to develop?

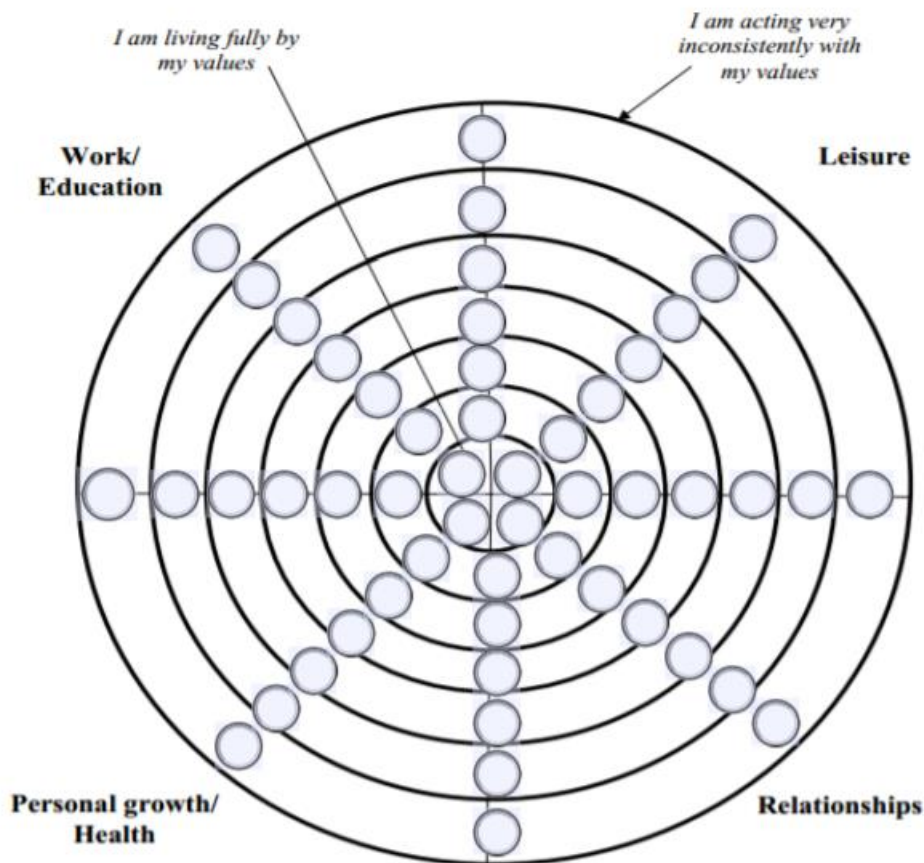


1. Work/Education: includes workplace, career, education, skills development, etc.
2. Relationships: includes your partner, children, parents, relatives, friends, co-workers, and other social contacts.
3. Personal Growth/Health: may include religion, spirituality, creativity, life skills, meditation, yoga, nature; exercise, nutrition, and/or addressing health risk factors like smoking alcohol, drugs or overeating etc.
4. Leisure: how you play, relax, stimulate, or enjoy yourself; activities for rest, recreation, fun and creativity.

Task 2.

THE BULL'S EYE

Make an X in each area of the dart board, to represent where you stand today.



Use this chart to record any changes you notice as you begin focusing on managing your activity levels. This will also identify those areas that may need some work.



Task 3.

Thinking about using the “*Goldilocks principle*” (It’s not too much, nor too little but just right!) it is important to have an understanding of our current levels of activity, and how they affect us. Complete the attached Activity Diary worksheet over this week.

Use your information to look at your patterns of activity, and how they influence your health and wellbeing. This will direct you towards patterns that you may want to change, remember to take the attitude of – “in this situation, *the advice I would give to a friend is...*”

Task 4.

Can you remember the 3 P’s?

P Click or tap here to enter text.

P Click or tap here to enter text.

P Click or tap here to enter text.

Think of an activity that you are already aware of that you overdo, or underdo

Use the 3P’s to create a new plan of how you might prioritise this task differently and pace it in a new way.

My old habit, and it’s consequences:

Click or tap here to enter text.

My new habit, and my goal:

Click or tap here to enter text.

Task 5.

Listen to our podcast to review the concepts of activity management:

<https://soundcloud.com/user-437544326/podcast-1-meaningful-activity?si=1aadd3a14b764c4499cd3425166be0fc>



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