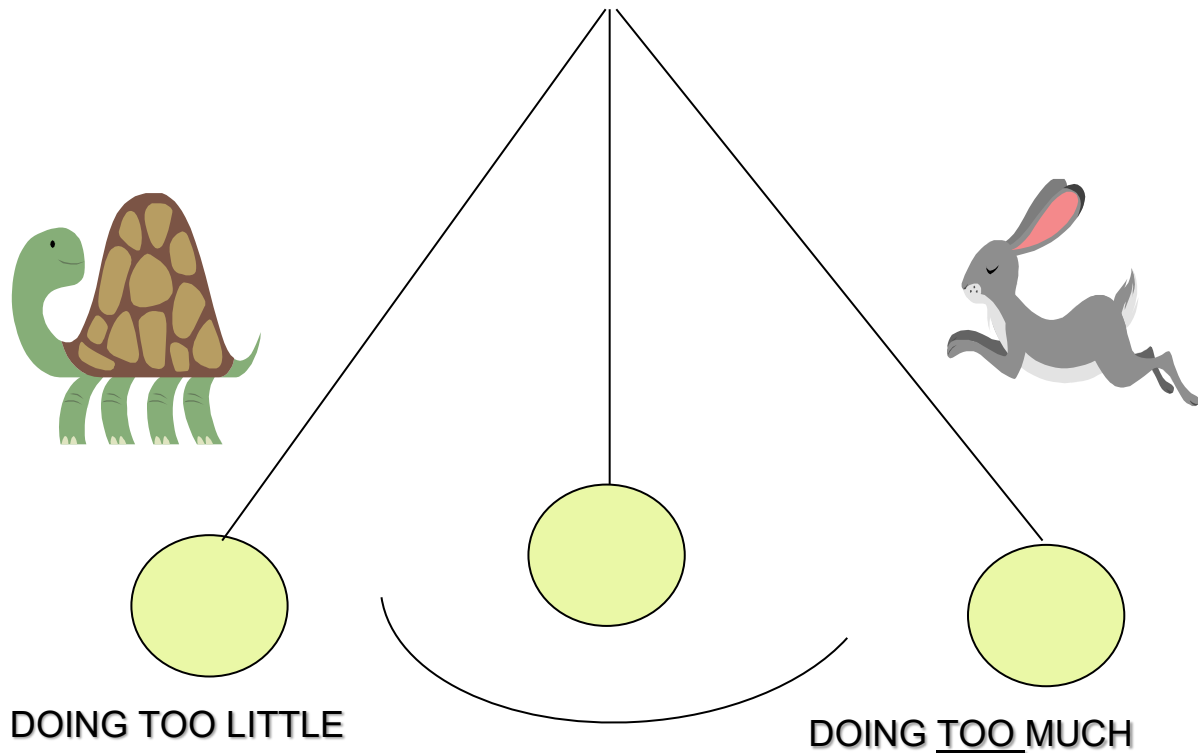




## C2: Balance your activities and pacing yourself

### EXTREME POSITIONS THAT WE ADOPT IN MANAGING PAIN



We often tend to go to extremes of doing activities or not; like the tortoise and the hare.....when we feel better and the pain is less, we run off at a hundred miles an hour, getting all the things we need to get done out of the way; knowing that we will be in pain; however we then suffer later and slow down too much; we allow the pain to control us, and do no activities or exercise to help the pain.