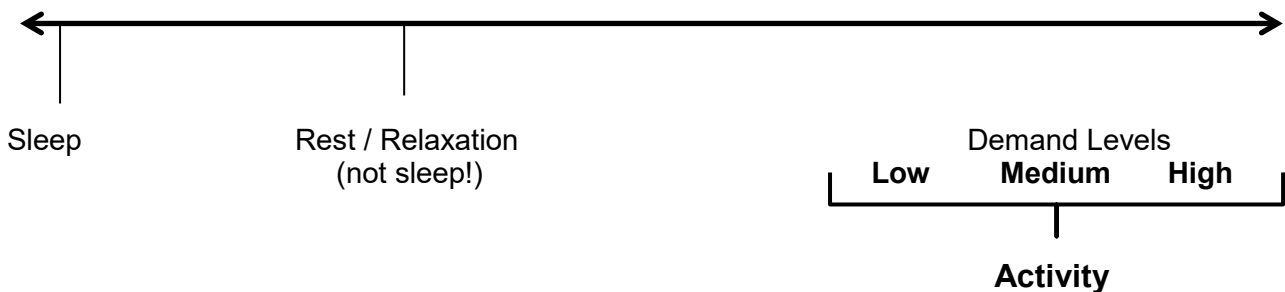




WHAT IS ACTIVITY?

- 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 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 treatment for 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.
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24 hour day



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?