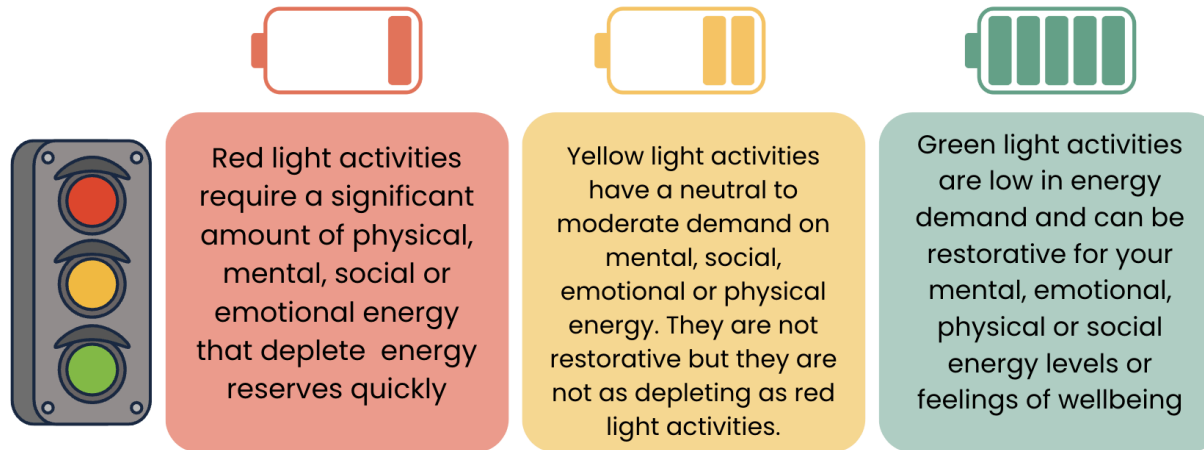


Pacing worksheet



What body responses, sensations, emotional reactions or symptoms change during or after these activities?

Red Light Activity 	What body responses, sensations, emotional reactions or symptoms change during or after these reactions	How much can I do of this activity in a day, week or month before I see negative consequences

Pacing worksheet



[illegible]

Pacing worksheet



NEURODIVERGENT
HEALTH ADVOCATE
CLAIRE-ELIZA SEHINSON

[illegible]

Pacing worksheet



Now track your week:

Example Day: Activity e.g. Getting ready for work Work meetings in person Work meetings online Lunchtime walk outside Making dinner Housework and cleaning Phone conversation with family Listening to music and podcasts	Energy Expense RED RED YELLOW GREEN RED YELLOW YELLOW GREEN	DAY 1 ACTIVITY	ENERGY EXPENSE
DAY 2 ACTIVITY	ENERGY EXPENSE	DAY 3 ACTIVITY	ENERGY EXPENSE
DAY 4 ACTIVITY	ENERGY EXPENSE	DAY 5 ACTIVITY	ENERGY EXPENSE
DAY 6 ACTIVITY	ENERGY EXPENSE	DAY 7 ACTIVITY	ENERGY EXPENSE

Pacing worksheet



--	--	--	--

Additional prompts:

Which red light activities do I find the most energy demanding?

Over the course of a day or week, how many green (restorative) activities do I have compared to red and yellow?

Visually looking at your scheduled activities, is there a balance in red, yellow and green?

Can you out-source any red or yellow light activities or ask for help if you exceed your capacity?

Do some red light activities have a bigger impact on your exhaustion or symptoms (i.e. sleep or mood) than others?

Which green light activities can be easily deployed or are the most consistently restoring/energising and how often are you able to do these?