

Activity Adaptation Worksheet

Tips for adapting activities:

- Work smarter, not harder
- Making changes to HOW you do something so you can continue to do it
- People tend to want to keep doing activities the same way as they always have
- Changing your habits can help you to keep doing your meaningful activities
- Pacing and adapting activities should INCREASE your activity level, not decrease it
- Identify barriers that may stop you from doing the activities that you want and/or need to do, and coming up with possible strategies to overcome these barriers

Analyze your difficult activities

Think of an activity that takes you some time (20 minutes or longer) to complete and is likely to cause fatigue or stress. Use this activity to fill out the table below:

My activity:

Strategy	How can I use it in my activity?
<i>Prioritize:</i> Do the most important activities first <ul style="list-style-type: none">- So that if you get tired, you can take a break and postpone the less important tasks	
<i>Eliminate:</i> Cut out what you don't need in terms of activities or part of activities	
<i>Delegate:</i> Give the activity or parts of it to someone else <ul style="list-style-type: none">- Could delegate tasks that are not that important to you, and keep the important and/or meaningful ones- Share tasks with others- Trade tasks with someone	

<p><i>Break it up:</i> Break activities into smaller ones</p>	
<p><i>Organize your environment:</i> Reduce clutter by keeping items used often in easy to find places</p> <ul style="list-style-type: none">- This saves you the energy of trying to find them when you need them	
<p><i>Plan ahead:</i> Use a schedule to plan your days, weeks, months</p> <ul style="list-style-type: none">- Spread out appointments and chores throughout the week (if possible)- Be flexible when it comes to your schedule (you may need to take a break, and that's ok)- Plan to do your most demanding activities during times of the day when you know you are likely to have the most energy	
<p><i>Use tools and devices:</i> Use equipment and technology when you can</p> <ul style="list-style-type: none">- Tools can help cut down on the stress on your body throughout the day so you can do more!- Home healthcare stores, hardware stores, and kitchen supply stores have many innovative options	
<p><i>Pacing:</i></p>	

<p>Slow down the pace you complete activities in</p> <ul style="list-style-type: none">- Take frequent breaks instead of working until pain or fatigue stops you- Try to take a break before you feel the need to. Use a timer or a watch to remind you- Breathing can help when pain, fatigue, or strong emotions come up in the moment	
<p><i>Rewards:</i> Celebrate finishing tasks, even if they seem very small</p> <ul style="list-style-type: none">- Reward yourself with anything you like: a break, a mental “pat on the back”, having a small snack	