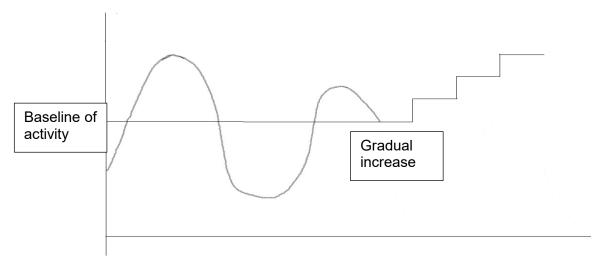## Finding the middle ground (sometimes called a 'baseline')

Take time to **"notice"** so that you can find a **"middle ground"** between doing too much and doing nothing. Pacing what you do so that you **stop according to time** rather than pain, will give you **more control**.

Often setting a **"baseline" time** (see table below) for specific activities is a good place to start.

Overtime, you can **gradually "step up" the time** you spend on activities but initially it is useful to work out your baseline time even if this seems less than what you feel you could manage.

Using a paced approach can be thought of as re-training the nervous system and a **more helpful way of thinking** about how to manage activities.

How to work out a times tolerance for specific activities:

a. Decide on the activity you want to manage using a timed approach **e.g**. working at the computer, sitting in good posture, walking, gardening

b. Take a **measurement of the time** you do the activity before your body "tells you" to stop. Then do this twice more at different times of the day so that you will have three measures.

c. Take the average of these times and then half the average to find your **baseline time** for **"working"** at the activity. Initially, this will always be at a lesser time than you usually do the activity. The **"good news"** is that overtime you can gradually add increased time to your baseline time. You can then **steadily build on the time** you manage the activity. This can help you to overcome the "over/under activity trap" or encourage you to begin trying different activities.

Example: Sitting in good posture

Time 1	Time 2	Time3	Average	Baseline = Half average
15 minutes	12 minutes	9 minutes	12 minutes	6 minutes