

Worksheet 3.1a
Getting to your Baseline

Completing an activity diary can help you to establish your baseline. This refers to the sustainable level of activity you can maintain most days without making your symptoms worse.

Begin by using one of the activity diaries to monitor your level of activity consistently each day for a week or two. Then use the questions below to help you think about any patterns you can identify and how you begin to make changes.

If you rarely get flare-ups:

You already have a baseline, but you may be able to achieve more. Can you identify a goal or two? Perhaps something new?

If you regularly get flare-ups:

Look at your list of activities and identify:

- Which ones might be responsible?
- Do these activities need to be done?
- Do you need to keep doing them? Can someone else help?
- Can you alter the way in which you carry out the activity to prevent a flare-up? (Less time, distance, speed or enthusiasm, but perhaps more often?)

One way to help you to achieve your baseline is to think about the activities that do, or perhaps should, help to make your symptoms better. Then try to think of the activities that you know make your symptoms worse.

- Are you able to pay enough attention to the activities that should be improving your symptoms?
- Are you able to minimise, or minimise the effect of, the activities that you know make your symptoms worse?

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Try to think about having a better balance between both sides of the see saw. Add any more you can think of in the table below.

Things that help to reduce my symptoms	Things that make my symptoms worse
<p>Sleep</p> <p>Good quality rest and stress management</p> <p>Eating and drinking healthily</p> <p>Meaningful activities</p> <p>Low level exercise</p> <p>Breathing</p> <p>Managing activity levels</p>	<p>Cognitive activities – activities that require my attention and concentration</p> <p>Emotional activities – e.g. anxieties, worries and concerns</p> <p>Physical activities – the physical demands we impose on ourselves, as well as the physical demands required to run our body.</p>