

*This video is not intended or implied to be a substitute for professional medical advice. Please consult your healthcare provider for advice that is right for you and your medical condition.*

**QUESTION: How can I pace myself so I have more energy throughout the day?**

**Tammy Utset, MD:** So how can one pace oneself throughout the day? It's tempting, since you have good days and bad days with lupus, when you have a good day you may try to seize the opportunity to get done all these things that you know you're behind, and you may try to get a massive amount of work done, clean the entire house, do the entire yard, or something, some heroic effort. And that causes a total collapse or a lupus flare the next day. And even when you're feeling good you do have to pace yourself, and you can do some of your catch-up work, but not a ridiculous amount. You need to be conservative with how much you have yourself do in one day, even on good days.

Similarly, it can be hard when you have lupus to keep your endurance going through the whole day, and it can be overwhelming, say, if you have evening events because you're really tired when it comes to the evening. And if so, you need to conserve your energy during the day and not be overly active during the day and even consider maybe taking that afternoon nap...to refresh you so that you have energy for the evening event. So these are various strategies you can do to try to conserve your energy, to get done what you need or want to get done.