



Stop. Pace. Rest. 停止 调整节奏 休息

*This document was translated into **Chinese (Simplified)** by NAATI-credentialed translators, ensuring precise and culturally appropriate messaging. The translation was independently reviewed by NAATI-credentialed linguist, confirming that the final outputs are accurate, polished, and fully aligned with the needs of the target audience.*

Post-exertional malaise (PEM) is a symptom that makes you feel worse after activity^{1,2}. Think of PEM like a broken phone battery that does not charge properly and drains fast. When the 'body battery' gets low, symptoms worsen, and moving about becomes harder. If people keep being active without resting, the body's energy levels become very low. Just like an empty battery on your phone that has turned the colour red. We call this PEM.

劳累后不适（PEM）是一种症状，会在活动后使症状加重^{1,2}。可以把劳累后不适（PEM）想象成一块损坏的手机电池，无法正常充电且耗电快。当“身体电池”电量不足时，症状会加重，行动也变得更加困难。如果持续活动而不休息，身体的能量水平会降至很低。就像手机电量耗尽并显示为红色一样。我们称之为劳累后不适（PEM）。

Remember – your body battery is different from when you were healthy. People with ME/CFS or long COVID cannot do the same activities they could before they got sick:

- What you can do in one day will be less than before.
- Every day is different.
- Every person with ME/CFS and long COVID is different.
- You will need to make hard choices about what activities you do, to avoid making your symptoms worse.

Learning how to reduce the amount of energy you use may help reduce how sick you feel. We encourage people with PEM to learn how to:

切记——您的“身体电池”已经不同于健康之时。肌痛性脑脊髓炎/慢性疲劳综合征（ME/CFS）或长新冠患者无法像患病前那样进行相同的活动：

- 一天内能做的事情会比患病前要少。
- 每天的情况都有所不同。
- 每位肌痛性脑脊髓炎/慢性疲劳综合征（ME/CFS）和长新冠患者的情况各不相同。
- 需对所要进行的活动进行艰难取舍，以免加重症状。

学习如何减少能量消耗可能有助于减轻不适感。我们鼓励劳累后不适（PEM）患者学习如何：

- **Stop**
- **Rest**
- **Pace**

- **停止**
- **休息**
- **调整节奏**

Step 1 Stop 第一步——停止

Stop what you're doing before your symptoms get worse or before you start to feel unwell. Think of your body like a phone battery — when you pause and rest, you give yourself time to recharge.

It is important to stop activity before your body's battery is red so you can charge^{3,4}.

在症状加重或开始感觉不适之前，停止正在做的事情。把身体想象成一块手机电池——当您暂停并休息时，就是给予自己充电的时间。

在“身体电池”显示红色之前停止活动非常重要，如此才能充电^{3,4}。

Step 2 Rest 第二步——休息

Each person is different, and what makes them feel calm and restful is unique.

Some people may like to:

- Lie down in a quiet place with no noise, no light, no sound, no phone or no television.

Some people may like to:

- Lie down and listen to a podcast or music
- Find a quiet place for prayer or meditation
- Rest in a place with family
- Connect with Country
- Do a drawing
- Squeeze a soft ball in their hand
- Rest outside in the shade.

People may want to try different ways to rest and see what works best for them.

个体有差异，因此让自己感到平静和放松的方式也各不相同。

有些人可能喜欢：

- 躺在一个安静的地方，没有噪音、光线、声音、手机，也没有电视。

有些人可能喜欢：

- 躺下，听播客或音乐
- 找一个安静的地方进行祷告或冥想
- 和家人在一起休息
- 与传统土地（Country）建立联系
- 绘画
- 用手捏软球
- 在户外阴凉处休息。

人们可以尝试不同的休息方式，找出最适合自己的方式。

Step 3. Pace (manage energy) 第三步——调整节奏（管理能量）

Pacing helps people with PEM use energy carefully and rest more, so it is easier for the body battery to recharge. Some people need more rest than others to stop their battery from running out and turning off. The amount of rest someone needs depends on how sick they are with ME/CFS or long COVID⁵.

调整节奏有助于劳累后不适（PEM）患者谨慎使用能量并增加休息，从而让“身体电池”更容易充电。有些人比其他需要更多的休息，以防止“电池”耗尽并关机。一个人所需的休息量取决于其肌痛性脑脊髓炎/慢性疲劳综合征（ME/CFS）或长新冠的病情严重程度⁵。

Pacing takes practice; it becomes easier over time.

调整节奏需要练习，随着时间推移会变得更易。

- Try to do about half as much as your body feels it can.
- Allow more time for your body battery to charge.
- Take regular rest breaks throughout the day.
- Break activities up into smaller tasks, with rest in between.
- Put feet up on the chair or couch to help improve the circulation of blood.
- 尽量只做力所能及活动量的一半左右。
- 给身体“电池”留出更多充电时间。
- 在一天中定时休息。
- 将活动分解成较小的任务，并在任务间安排休息。
- 把双脚放在椅子或沙发上，有助于改善血液循环。

One example 一个实例

Instead of showering, brushing teeth and combing hair without taking a break, try resting between each activity. So, take a shower then rest until the body feels ready to do the next activity, for example: brushing teeth or combing hair.

不要连续进行沐浴、刷牙和梳头，应在每项活动之间适当休息。因此，在沐浴后休息，直到身体感觉准备好进行下一项活动，例如：刷牙或梳头。

Some people work, have families to look after or live alone. The activities in daily life can drain the body's entire battery. If this is the case for you, adding some rest to the day may be a good start.

有些人需要工作、照顾家庭，或独自生活。日常生活中的活动会耗尽身体的全部“电量”。如果您也是这种情况，那么在一天中多休息可能是一个好的开始。

Pacing won't fix ME/CFS or long COVID. It takes practice and you won't always get it right. But it might help people to feel less sick and allow you to do the activities you want and need to do.

调整节奏无法治愈肌痛性脑脊髓炎/慢性疲劳综合征（ME/CFS）或长新冠。这需要练习，而且您不一定总能做对。但它可能有助于减少不适感，让您能够做想做和必须做的事情。

Reference

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