



Be Pain Smart – Physical activity

My plan for getting ready

After a brain injury and when you have chronic pain, it can be hard to get ready for the day. Read the '[Getting up and getting ready](#)' section and use the tips to create a plan for getting up and getting ready.

Think of the problems that keep coming up for you each day, then using the tips, see what solutions would work for you and the equipment or help you need. Here is an example.

COMMON DIFFICULTY	SOLUTION FOR YOU	EQUIPMENT OR HELP
It is often 5pm before I remember to have a shower.	I will plan to have a shower when I get up each morning at 7.30am.	I will put a reminder in my phone.
I keep forgetting where my socks are.	I will put labels on my drawers and keep my socks in a box near my shoes.	Sock box.
After I have a shower and get dressed, I am often too tired or in too much pain from standing for so long to brush my teeth or do my hair.	I will use a shower chair when I shower, and have another chair in my bathroom for when I get dressed and get ready so that I can take regular sitting breaks.	Chair for bathroom, plus I will contact an occupational therapist to see what shower chair would work best for me.



Be Pain Smart – Physical activity

Now it is your turn to have a go. In the first column, write down your common problems or difficulties that keep coming up each day. In the second column, write down the solutions that work for you from the tips above. Finally, write in the last column any equipment or help you need.

COMMON DIFFICULTY	SOLUTION FOR YOU	EQUIPMENT OR HELP
		
		
		
		
		
		