



# Our Mob

## My deadly pain plan

**YOU CAN  
CHANGE  
your pain**

What is important to me?	
What do I want to be able to do 6 months from now?	
How can I start working on this today?	
Who can help me stay on track?	

PAIN PLAN	WHAT I WANT TO DO?	WHAT I WILL DO?
Getting off painkillers	e.g. Slowly cut down	e.g. Talk to my doctor next appointment
Start moving, keep moving	e.g. Walk to school with the kids by next term	e.g. Walk around the block each day this week
Make healthy eating normal	e.g. Lose 5 kilos by the end of the year	e.g. Cut out coca cola first
Sleep	e.g. Sleep 6 hours every night	e.g. Cut out daytime sleeps
Look after my mind and spirit		
Sleep better		



The plan can be updated every 4–6 weeks so you keep improving.

[www.aci.health.nsw.gov.au/chronic-pain/our-mob](http://www.aci.health.nsw.gov.au/chronic-pain/our-mob)