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**PAIN COPING SKILLS PROGRAM**

**Participants’ Workbook**

**Pain Management Research Institute/Royal North Shore Hospital**

**(October, 2016) V10.4**

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|  | This ***Participants’ Workbook*** is part of the ***Pain Coping Skills Program (PCSP)*** which is aimed at helping people with ongoing pain.  The program is based on the book ‘***Manage Your Pain’****.* Each chart in the workbook is linked to a chapter in *Manage Your Pain.*  Other relevant resources include: ACI Website [www.aci.health.nsw.gov.au/chronic-pain](http://www.aci.health.nsw.gov.au/chronic-pain)  *Brain Man* YouTube cartoon, Pete Moore’s Pain Toolkit available at <http://www.aci.health.nsw.gov.au/chronic-pain/translated-resources>.  The Pain Coping Skills Program, including the *Facilitators’ Guide and Participants’ Workbook,* was developed by several members of the staff at the Pain Management & Research Centre (PMRC) and the University of Sydney Medical School-Northern at Royal North Shore Hospital. Main authors: Michael Nicholas, Duncan Sanders, Catherine Ketsimur, Lois Tonkin, Maria De Sousa, Lee Beeston, John Waine, Brad Wood, Mayumi Oguchi, Sarah Overton, Jessica Castle, Tumelo Dube, and Charles Brooker.  The multi-language version was developed by a collaboration between ACI (Pain Network) and several multicultural health workers and pain clinicians in Sydney: Jennie Vien (Sydney LHD), Mark Rusconi (NSLHD), Eva Melham (WSLHD) Tran Nguyen (SWSLHD), Luke O’Connell (NBMLHD), Hanaar Nosir (WSLHD), Wlima Espinoza (SESLHD). Seok Ohr (HNELHD), Carmen Lopez (SWSLHD), Maree Lindsay (ISHLHD), Amal Helou (SLHD), Angela Manson (SLHD). |
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**MULTICULTURAL RESOURCES – STRESS, RELAXATION AND WELLBEING**

# **PAIN PROGRAM TIMETABLE**

# There is one 2.5-hour session per week for six weeks.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| TIME | Session 1 | Session 2 | Session 3 | Session 4 | Session 5 | Session 6 |
| 20 Min | DISCUSSION  Feedback,  Plan for today | DISCUSSION  Feedback,  Plan for today | DISCUSSION  Feedback,  Plan for today | DISCUSSION  Feedback,  Plan for today | DISCUSSION  Feedback,  Plan for today | DISCUSSION  Feedback,  Plan for today |
| 15 Min | RELAXATION  In daily life | RELAXATION  In daily life | RELAXATION  In daily life | RELAXATION  In daily life | RELAXATION  In daily life | RELAXATION  In daily life |
| 30 Min | ACTIVITY/ EXERCISE CIRCUIT | ACTIVITY/ EXERCISE CIRCUIT | ACTIVITY/ EXERCISE CIRCUIT | ACTIVITY/ EXERCISE CIRCUIT | ACTIVITY/ EXERCISE CIRCUIT | ACTIVITY/ EXERCISE CIRCUIT |
| 20 Min | COFFEE  BREAK | COFFEE  BREAK | COFFEE  BREAK | COFFEE  BREAK | COFFEE  BREAK | COFFEE  BREAK |
| 30 Min | PROBLEM-SOLVING  (When pain increases) | PROBLEM-SOLVING  (Stress) | PROBLEM-SOLVING (Communication) | PROBLEM-SOLVING  (Planning for staying on track) | PROBLEM-SOLVING  (Sleep) | PROBLEM-SOLVING  (Nutrition) |
| 25 Min | ACTIVITY  PLANS  (Step by step) | ACTIVITY PLANS  (Step by step) | ACTIVITY  PLANS  (Step by step) | ACTIVITY PLANS  (Step by step) | ACTIVITY PLANS  (Step by step) | ACTIVITY PLANS  (Step by step) |
| 10 Min | HOME TASKS | HOME TASKS | HOME TASKS | HOME TASKS | HOME TASKS | HOME TASKS |

# 

# **PROBLEMS OFTEN EXPERIENCED BY PEOPLE WITH CHRONIC PAIN**

# **MY GOAL CHART**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **MY GOALS**  (What it is I want to achieve – be specific) | **Changes I can make over next 6 weeks**  (Things I need to do/work on to achieve my goals) | **At the end of program, rate how you are going**  (0-100%) |
| **Example**  **Home tasks or activities** | “Wash the dishes at least 3 times a week” | “Increase my standing time  (to 15 minutes)” |
| **Paid work/study/ voluntary work** |  |  |  |
| **Family activities/ relationships** |  |  |  |
| **Social activities** |  |  |  |
| **Recreation/sport/ hobbies** |  |  |  |
| **Other** |  |  |  |

**DON’T LET PAIN CONTROL YOUR LIFE**

****

You can end up doing less and less

* Many people who have chronic pain use pain to guide their daily activities
* When the pain is less, they do more. But when the pain is worse, they do less and rest more
* This approach can seem OK, but it can cause problems
* The main problem is that you will do less and less. The diagram below shows what can happen WHEN PAIN CONTROLS YOUR LIFE
* Some people call this a **too much/too little approach** and it often ends up in you taking more pain medication and being more frustrated when you can’t do things you planned to do.
* A better way to do things is to do them a **step at a time** and slowly do more as you get fitter
* This is what we would like you to try in this program.
* This means taking more time over things, taking short breaks, and avoiding long breaks

**To get started:**

* Work out **how much** or **how long** you can do each activity comfortably. It might be 5 minutes or 20 metres, depending on the activity (like walking or sitting)
* We call this **your starting point.**
* Next, try to use that amount as your guide on when to stop the activity and take a **short** break.
* After the short break, do your next activity, but keep to your starting point.
* Every second or third day you should try to do a little more of each activity.
* We call this **activity stepping.** It is based on planned **targets** and **not pain**. It can help you to do more without more pain. See the diagram below of what it looks like.

**A BETTER, SMARTER WAY:**

**TAKE A STEP BY STEP APPROACH TO ACTIVITIES**

C:\Users\mnic6365\Documents\ACI\2016\Multicultural group\REVISED VERSION OCT 2016\Exercises_MC_BPSM.tif

**ACTIVITY / EXERCISE CIRCUIT**

# **ACTIVITY/ EXERCISE CIRCUIT CHART** (Tick when done [show selected](javascript:%20if%20(verify_selected())%20view('nextset.cgi?chunk=-1&searchid=1&return_chunk=0&have_local_holdings_file=0&local_journals_only=0');))

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Start Date:** | **Sit-to-Stand** | **Step-ups** | **Lunge** | **Walking (and carrying)** | **All 4’s hip extension** | **Push-ups (wall or standard)** | **Lifting**  **(squat ± weights)** | **Lifting (overhead press)** | **Single leg balance** | **Back Stretch** |
| (tick when you complete target for each activity in 1 ½ minutes) |  |  |  |  |  |  |  |  |  |  |
| **Day 1** |  |  |  |  |  |  |  |  |  |  |
| **Day 2** |  |  |  |  |  |  |  |  |  |  |
| **Day 3** |  |  |  |  |  |  |  |  |  |  |
| **Day 4** |  |  |  |  |  |  |  |  |  |  |
| **Day 5** |  |  |  |  |  |  |  |  |  |  |
| **Day 6** |  |  |  |  |  |  |  |  |  |  |
| **Day 7** |  |  |  |  |  |  |  |  |  |  |
| **Day 8** |  |  |  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sit-to-Stand** | **Step-ups** | **Lunge** | **Walking (and carrying)** | **All 4’s hip extension** | **Push-ups (wall or standard)** | **Lifting**  **(squat ± weights)** | **Lifting (overhead press)** | **Single leg balance** | **Back Stretch** |
|  |  |  |  |  |  |  |  |  |  |  |
| **Day 9** |  |  |  |  |  |  |  |  |  |  |
| **Day 10** |  |  |  |  |  |  |  |  |  |  |
| **Day 11** |  |  |  |  |  |  |  |  |  |  |
| **Day 12** |  |  |  |  |  |  |  |  |  |  |
| **Day 13** |  |  |  |  |  |  |  |  |  |  |
| **Day 14** |  |  |  |  |  |  |  |  |  |  |
| **Day 15** |  |  |  |  |  |  |  |  |  |  |
| **Day 16** |  |  |  |  |  |  |  |  |  |  |
| **Day 17** |  |  |  |  |  |  |  |  |  |  |
| **Day 18** |  |  |  |  |  |  |  |  |  |  |
|  | **Sit-to-Stand** | **Step-ups** | **Lunge** | **Walking (and carrying)** | **All 4’s hip extension** | **Push-ups (wall or standard)** | **Lifting**  **(squat ± weights)** | **Lifting (overhead press)** | **Single leg balance** | **Back stretch** |
|  |  |  |  |  |  |  |  |  |  |  |
| **Day 19** |  |  |  |  |  |  |  |  |  |  |
| **Day 20** |  |  |  |  |  |  |  |  |  |  |
| **Day 21** |  |  |  |  |  |  |  |  |  |  |
| **Day 22** |  |  |  |  |  |  |  |  |  |  |
| **Day 23** |  |  |  |  |  |  |  |  |  |  |
| **Day 24** |  |  |  |  |  |  |  |  |  |  |
| **Day 25** |  |  |  |  |  |  |  |  |  |  |
| **Day 26** |  |  |  |  |  |  |  |  |  |  |
| **Day 27** |  |  |  |  |  |  |  |  |  |  |
| **Day 28** |  |  |  |  |  |  |  |  |  |  |
|  | **Sit-to-Stand** | **Step-ups** | **Lunge** | **Walking (and carrying)** | **All 4’s hip extension** | **Push-ups (wall or standard)** | **Lifting**  **(squat ± weights)** | **Lifting (overhead press)** | **Single leg balance** | **Back Stretch** |
|  |  |  |  |  |  |  |  |  |  |  |
| **Day 29** |  |  |  |  |  |  |  |  |  |  |
| **Day 30** |  |  |  |  |  |  |  |  |  |  |
| **Day 31** |  |  |  |  |  |  |  |  |  |  |
| **Day 32** |  |  |  |  |  |  |  |  |  |  |
| **Day 33** |  |  |  |  |  |  |  |  |  |  |
| **Day 34** |  |  |  |  |  |  |  |  |  |  |
| **Day 35** |  |  |  |  |  |  |  |  |  |  |
| **Day 36** |  |  |  |  |  |  |  |  |  |  |
| **Day 37** |  |  |  |  |  |  |  |  |  |  |
| **Day 38** |  |  |  |  |  |  |  |  |  |  |
|  | **Sit-to-Stand** | **Step-ups** | **Lunge** | **Walking (and carrying)** | **All 4’s hip extension** | **Push-ups (wall or standard)** | **Lifting**  **(squat ± weights)** | **Lifting (overhead press)** | **Single leg balance** | **Back Stretch** |
|  |  |  |  |  |  |  |  |  |  |  |
| **Day 39** |  |  |  |  |  |  |  |  |  |  |
| **Day 40** |  |  |  |  |  |  |  |  |  |  |
| **Day 41** |  |  |  |  |  |  |  |  |  |  |
| **Day 42** |  |  |  |  |  |  |  |  |  |  |
| **Day 43** |  |  |  |  |  |  |  |  |  |  |
| **Day 44** |  |  |  |  |  |  |  |  |  |  |
| **Day 45** |  |  |  |  |  |  |  |  |  |  |
| **Day 46** |  |  |  |  |  |  |  |  |  |  |
| **Day 47** |  |  |  |  |  |  |  |  |  |  |
| **Day 48** |  |  |  |  |  |  |  |  |  |  |

# **ACTION CHART – Important Daily Activities**

**(Choose which ones you want to do)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Sitting**  (time) | **Standing**  (time) | **Bending**  (repetitions) | **Walking** | | **Squatting**  (time) | **Carrying** | | **Lifting** | | **Reaching** | | **Climbing** | | **Key**  **board** |
| Dist | *Time* | Weight | Dist | Weight | Repetitions | Forwd | Above | Steps | Ladder |
| What you can do now? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Starting level (for each activity you choose) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **DAY** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Describe** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** |
| **1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Sitting**  (time) | **Standing**  (time) | **Bending**  (repetitions) | **Walking** | | **Squatting**  (time) | **Carrying** | | **Lifting** | | **Reaching** | | **Climbing** | | **Key**  **board** |
| Dist | *Time* | Weight | Dist | Weight | Repetitions | Forwd | Above | Steps | Ladder |
| **DAY** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Describe** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** |
| **12** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **13** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **18** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Sitting**  (time) | **Standing**  (time) | **Bending**  (repetitions) | **Walking** | | **Squatting**  (time) | **Carrying** | | **Lifting** | | **Reaching** | | **Climbing** | | **Key**  **board** |
| Dist | *Time* | Weight | Dist | Weight | Repetitions | Forwd | Above | Steps | Ladder |
| **DAY** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Describe** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** |
| **29** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **30** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **31** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **32** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **34** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **35** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **36** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **38** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **39** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **41** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **42** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **43** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **44** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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|  | **Sitting**  (time) | **Standing**  (time) | **Bending**  (repetitions) | **Walking** | | **Squatting**  (time) | **Carrying** | | **Lifting** | | **Reaching** | | **Climbing** | | **Key**  **board** |
| Dist | *Time* | Weight | Dist | Weight | Repetitions | Forwd | Above | Steps | Ladder |
| **DAY** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** | **Describe** | **Goal** | **Goal** | **Goal** | **Goal** | **Goal** |
| **45** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **46** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **47** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **48** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **49** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **50** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **51** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **56** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **57** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **58** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **59** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **60** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

# **RELAXATION PRACTICE CHART**

Select a way of relaxing that you would like to use (see Multicultural resources section). The times are only a guide (even 30 seconds at a time can be helpful). Tick the chart each time you do it.**Two long sessions a day (15-20 min) in a quiet place. Practice short sessions (30-60 seconds) in different places and especially if feeling stressed or noticing more pain.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **20 min** | **20 min** | **30-60 sec** | **30-60 sec** | **30-60 sec** | **30-60 sec** | **30-60 sec** | **Notes/comments** |
| **1** |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |  |
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| **RELAXATION PRACTICE CHART**  **Each time I do it** | | | | | | | | |
| **Day** | **20 min** | **20 min** | **30-60 sec** | **30-60 sec** | **30-60 sec** | **30-60 sec** | **30-60 sec** | **Notes/comments** |
| **19** |  |  |  |  |  |  |  |  |
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| **RELAXATION PRACTICE CHART**  **Each time I do it** | | | | | | | | |
| **Day** | **20 min** | **20 min** | **30-60 sec** | **30-60 sec** | **30-60 sec** | **30-60 sec** | **30-60 sec** | **Notes/comments** |
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# **WEEKLY PLAN (1)**

**Plan your days over the next week**. Try to space tasks through the day and make times for breaks. Tick them off as you go. 

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|  | **Day 1** |  | **Day 2** |  | **Day 3** |  | **Day 4** |  | **Day 5** |  | **Day 6** |  | **Day 7** |  |
| **AM** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **PM** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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# **WEEKLY PLAN (2)**

**Plan your days over the next week**. Try to space tasks through the day and make times for breaks. Tick them off as you go. 

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|  | **Day 1** |  | **Day 2** |  | **Day 3** |  | **Day 4** |  | **Day 5** |  | **Day 6** |  | **Day 7** |  |
| **AM** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **N i g h t** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

# **WEEKLY PLAN (3)**

**Plan your days over the next week**. Try to space tasks through the day and make times for breaks. Tick them off as you go. 

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|  | **Day 1** |  | **Day 2** |  | **Day 3** |  | **Day 4** |  | **Day 5** |  | **Day 6** |  | **Day 7** |  |
| **AM** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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# **WEEKLY PLAN (4)**

**Plan your days over the next week**. Try to space tasks through the day and make times for breaks. Tick them off as you go. 

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|  | **Day 1** |  | **Day 2** |  | **Day 3** |  | **Day 4** |  | **Day 5** |  | **Day 6** |  | **Day 7** |  |
| **AM** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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# **WEEKLY PLAN (5)**

**Plan your days over the next week**. Try to space tasks through the day and make times for breaks. Tick them off as you go. 

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|  | **Day 1** |  | **Day 2** |  | **Day 3** |  | **Day 4** |  | **Day 5** |  | **Day 6** |  | **Day 7** |  |
| **AM** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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# **WEEKLY PLAN (6)**

**Plan your daily routine over the next four weeks**. Try to space tasks through the day and make times for breaks. Tick them off as you go. 

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|  | **Day 1** |  | **Day 2** |  | **Day 3** |  | **Day 4** |  | **Day 5** |  | **Day 6** |  | **Day 7** |  |
| **AM** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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# **PROBLEM SOLVING/STRESS MANAGEMENT**

**Step 1: What is the problem?**

Think about and discuss the problem or goal carefully, then write down exactly what you think is the main problem or goal.

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**Step 2: List all possible solutions**

Try to think of all possible solutions, even bad ones.

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**Step 3: Choose the best or most practical solution for you**

Choose the solution that you think would be easiest for you.

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**Step 4: Do it!**

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**Step 5: Review how well it worked. Try to think about how you might do it better next time.**

# **WHAT YOU MIGHT DO WHEN YOUR PAIN GETS WORSE (This is an example)**

**Develop your own plan once you’ve thought about the steps in this example**

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| --- | --- | --- |
| **Step One** | **Step Two** | **Step Three** |
| **Stop and assess**   * Is this a new pain, or my usual pain? * What might have caused this? * Have I been overdoing activities? * Have I been feeling stressed?   (Take time, check if I have had any  negative thoughts)   * No broken bones? * What do I usually do when this happens? – Is it working or is it time to change? | **Consider options**   * Plan my next actions * Take short break? * Relax (work on my breathing)? * Respond to any negative thoughts * Take it bit by bit * Cutting back on activities? * Tell others what’s happening and how they can help? | **Check on my progress**   * How am I going? * Using strategies? * Other options? * Reassure myself * Reward yourself for trying * Do I need to do less or more? * Goals for next week? |

# **MY PLAN FOR WHEN MY PAIN GETS WORSE**

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| --- | --- | --- |
| **Step One** | **Step Two** | **Step Three** |
| **Stop and assess**  (Take time, check any  negative thoughts) | **Consider my options** | **Check how I’m going** |

# **COMMUNICATION ISSUES**

|  |  |
| --- | --- |
| **PROBLEMS** | **POSSIBLE SOLUTIONS** |
| **Example:** How do I tell other people I still have my pain? I find it difficult to explain and often feel stressed. | * **I could use my relaxation technique (of letting go of tension while breathing out),** * **Smile and say, “yes, I was surprised too, but my physio and doctor have helped me to understand that pain can continue even after an injury has healed”** * **“I just have to learn to live with it”.** * **“And that’s what I’m doing”** |
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# **STAYING ON TRACK WITH MY PROGRAM**

**BENEFITS OF STAYING ON TRACK:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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***IF I DON’T STAY ON TRACK – WHAT MIGHT HAPPEN?*** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **WHAT MIGHT STOP ME?** | **SOLUTIONS** |
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**MY NIGHT TIME SLEEP PLAN**

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| **PROBLEMS** | **POSSIBLE SOLUTIONS** |
| **Example:** Waking in middle of night, pain disturbing me, can’t get back to sleep | * Change position; * Practice my relaxation exercise (not trying to sleep, just to enjoy relaxing); see what happens. * If not asleep after 20 minutes or so, get up and go to another room * Practice relaxing again or read book / magazine (avoid interesting movies on TV and loud music), * Return to bed and relax again |
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| **PROBLEMS** | **POSSIBLE SOLUTIONS** |
| **Example:** Trouble saying “no” when offered more food | * Explain that for my health problems I have been instructed by my doctor to limit my food intake * Try healthy options (fruit, vegetables, water) |
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**HEALTHY EATING PLAN**

# **AT END OF COURSE, MY LONG-TERM PLANS – FOR NEXT 6-12 MONTHS**

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| --- | --- | --- |
|  | **MY LONG-TERM PLANS**  (What it is I want to achieve – be specific) | **Changes I can make over next 6-12 MONTHS**  (Things I need to do/work on to achieve my plans) |
| **Home tasks or activities** |  |  |
| **Paid work/study/ voluntary work** |  |  |
| **Family activities/ relationships** |  |  |
| **Social activities** |  |  |
| **Recreation/sport/ hobbies** |  |  |
| **Other** |  |  |

**Multicultural Resources – Stress, Relaxation and Wellbeing**

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| --- | --- | --- | --- | --- | --- |
| **AUDIO** | **Greek** | **Vietnamese** | **Cantonese** | **Mandarin** | **Arabic** |
| STARTTS  RELAXATION CD **$16**  <http://www.startts.org.au/resources/resources-for-sale/relaxation-cd/> |  | √√ | √√ |  | √ |
| <https://www.seslhd.health.nsw.gov.au/multicultural_health/audio_playlist.asp>  Russ Harris mindfulness techniques | √ |  |  |  | √ |
| QPASTT - **$10 fee**  <http://qpastt.org.au/tbcwp1/wp-content/uploads/2014/08/QPASTT_Order_Form_2014_2.pdf>   |  | | --- | | Relaxation Audio CDs - Progressive Relaxation and Mindfulness Practice | |  |  |  |  | √ |
| You tube clips provide a wealth of resources – however, search terms will be most effective when used in language you are wanting to hear the audio file in. |  |  |  |  |  |
| Audio recording of possible Vietnamese guided meditations <http://langmai.org/phapduong/nghe-phap-thoai-audio> |  | √ |  |  |  |

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| **Handouts/fact sheets** | **Greek** | **Vietnamese** | **Simplified Chinese** | **Traditional Chinese** | **Arabic** |
| Good night’s sleep | √ | √ | Chinese | Chinese | √ |
| A Practical Guide About Problem Solving | √ | √ | Chinese | Chinese | √ |
| Promoting Wellbeing | √ | √ | Chinese | Chinese | √ |
| A Practical Guide about Stress | √ | √ | Chinese | Chinese | √ |
| Wellbeing – Invest in your life | √ | √ | √ | √ | √ |
| Relaxed Breathing | √ |  | √ |  |  |
|  |  |  |  |  |  |

<http://psychology.tools/download-therapy-worksheets.html> - A range of tools, worksheets, fact sheets in a variety of languages about everything related to psychology; including types of therapy, checklists etc.

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| Simplified Chinese | <http://psychology.tools/simplified-chinese-用于治疗的cbt工作表-免费下载.html> |
| Traditional Chinese | <http://psychology.tools/traditional-chinese-下載治療用工作表單.html> |
| Arabic | <http://psychology.tools/arabic-نزٌل-اوراق-عمل-علاجية.html> |
| Greek | <http://psychology.tools/greek-κατεβάστε-φύλλα-εργασίας-θεραπείας.html> |

Published Oct 2017. ACI/D23/892 © State of NSW (Agency for Clinical Innovation)