

My Pain Self Management Plan

It is helpful to have a plan for how to manage your pain. This will also help you get back on track as quickly as possible when facing difficult times.

Name:

Date last reviewed:

<p><u>Medication management</u> <i>(Dose, frequency, additional comments)</i></p>	
<p><u>Household activities and paid work</u> <i>(How can I get the main tasks done over the course of a week e.g., pacing with extra breaks, prioritising tasks, alternating between tasks with different demands)</i></p>	
<p><u>Exercise</u> <i>(What is something that I can do each day to be active e.g., walking, stretches, swimming)</i></p>	
<p><u>Mood/Emotion</u> <i>(How can I take care of myself and my emotions e.g, time out for a bath, read a book, spend time with people, relaxation)</i></p>	

<p><u>Family / Relationships</u> <i>(Who can I turn to for support, how can I help my family understand my plan?)</i></p>	
<p><u>Recreational</u> <i>(What can I regularly do for fun or to gain a sense of achievement?)</i></p>	
<p><u>Daily Routine</u> <i>(To achieve the goals above what does my daily routine need to look like? Be sure to include day-time activities and night-time sleep routines? What are your daily and weekly goals?)</i></p> <p><i>Refer to 'my weekly planner' / diary / calendar</i></p>	
<p><u>Setback Plan</u> <i>(Types of setbacks e.g. a pain flare-up or increased stress)</i></p> <p>What are my set-back warning signs? (e.g., increasing pain, diminished mood, poor sleep, isolating self)</p>	<p>How will I maintain my self-management during this setback?</p>