

MAKE A PAIN CARE PLAN

Part 1:

List your favorite ways to:

- A. Actively calm your nervous system
- B. Gently challenge your nervous system
- C. Take a break from all efforting

Example:

- A. Longer, smoother, softer breath
- B. Use the stairs 1x/day
- C. Watch a movie

Part 2:

How long, how often, and when can you do these things?

Example:

- A. 5 minutes, 3x/day, before meals
- B. 2 minutes, 2x/weekday, leaving and arriving from the parking garage
- C. 2 hours, 1x/week, Friday night

Part 3:

Write a goal that is SMART: specific, measurable, attainable, relevant, and time sensitive. Don't forget to revisit at the end of the time frame!

Ex. I will carry out the above plan consistently for 4 weeks

Plans are meant to be (strategically) changed! If you can't seem to stick to your first plan, it probably isn't realistic. Maybe you don't enjoy the coping strategies, or perhaps the schedule isn't working for you, or maybe you're simply trying to do too much. Make tweaks and changes so your plan is one you can be consistent with - consistency is the key to success!