

Chronic Pain Self Management Program

Homework by Session

Session 1

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: Chapters 1 & 2; pages 41-43, 52-57, 82-83
- Practice using distraction
- If you have access to the Internet, view the 5-minute video: *Understanding pain and what to do about it in less than five minutes*.

Session 2

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: pages 48-52, 57-69, 79-82, 94-96; Chapters 7 & 9
- Practice better breathing and take a few minutes to do a relaxation exercise a few times this week. Doing this regularly will calm your mind and nervous system.
- Think about how you would like to start an exercise program or increase the program that you are now doing.
- In Session 3, we will be talking about making decisions. Please think of something in your life for which you need to make a decision and have it ready for next week's activity.

Session 3

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: pages 22-23, Chapters 6, 8 & 17
- You may want to complete the Activity and Rest Diary like the one at the end of Chapter 6 this week. This will help you plan ways to better pace your activity and rest over the day.

Session 4

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: pages 20-22, Chapters 8, 10 & 13
- Look at the serving sizes of foods using the tables in Chapter 13 and compare that with what you normally eat.

Session 5

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: pages 57-63, 84-89; Chapters 8, 15 & 16
- Keep a food diary for one weekday and one weekend day just like you did a few weeks ago. This time pay careful attention to your portion sizes.
- Make a personal medication list, with names of all your medications, the provider who prescribed it, dosage, date started, reason for taking, and any drug allergies.
- We invite you to call, email, or write a letter to your provider about what you have accomplished during this workshop. If you are not pleased with your progress, please write a letter to the developers of this workshop explaining your reasons. This address is:

Self-Management Resource Center
711 Colorado Ave, Palo Alto, CA 94303
email: smrc@selfmanagementresource.com

You do not have to mail or show these letters to the program facilitators. If you do mail the letter to your provider, though, it would help to spread the word.

Session 6

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: pages Chapters 11 & 14


LIVING WELL Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic pain conditions	●					
What is Pain?	●					
Using your mind to manage symptoms	●	●			●	●
Getting a good night's sleep	●					
Making an action plan	●	●	●	●	●	●
Action plan feedback		●	●	●	●	●
Problem-solving		●				
Dealing with difficult emotions		●				
Physical activity and exercise		●	●	●	●	
Better breathing		●				
Fatigue management		●				
Pacing and planning			●			
Evaluating treatments			●			
Making decisions			●			
Healthy eating				●		
Communication skills				●		●
Medications for chronic pain					●	
Depression management					●	
Working with your healthcare professional and organization						●
Weight management						●
Future plans						●