



Chronic Pain Self-Management Program 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		•				
Values for Pacing / Time Management		•			•	
Physical activity and exercise		•	•	•		
Dealing with difficult emotions		•				
Healthy eating			•	•		
Depression management				•		
Communication skills				•		•
Medication Usage					•	
Making Informed Treatment decisions					•	
Decision-Making					•	
Working with your health care team						•
Future plans						•

Homework by Session

Session 1:

- Reading covered this session: *Living a Healthy Life with Chronic Pain, 2nd edition*: Chapters 1 & 2; Chapter 4, pages 56-57, 69-74; and Chapter 5, pages 100-101.
- Keep your pain diary - noting 2-3 pain flare-ups you have this week to share what you learn next week.
- Practice using distraction.
- View YouTube video: [Understanding Pain & What to do About It in Less Than 5 Minutes](https://www.youtube.com/watch?v=cLWntMDgFcs)
<https://www.youtube.com/watch?v=cLWntMDgFcs>

Session 2:

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: Chapter 2, pages 29-31; Chapters 6 & 8.
- Keep your pain diary - noting if you are balancing activity with rest.
- Practice the MEP or do some other type of physical activity or exercise.

Session 3:

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: Chapter 4, pages 81-91; Chapter 5, pages 102-107; Chapters 7 & 9.
- Keep your pain diary – noting what behaviors, emotions and foods occur before pain flare ups and what happens after flare ups.
- Try monitoring the intensity of your physical activity, keeping a gratitude journal, or writing about your difficult emotions and thoughts.
- Bring a food label from a packaged food you use for the workshop next week.

Session 4:

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: Chapter 4, pages 74-80; Chapter 8, pages 173-189; Chapter 9 & 11.
- Keep your pain diary – noting your behaviors and emotions.
- Practice MEP or do some other type of physical activity or exercise.
- Keep track of what you eat for one weekday and one weekend day, looking at how much and what you eat and if it affects your pain.
- Think about a real decision you would like or need to make so you can use this in our decision-making activity next week.

Session 5:

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: Chapter 2, pages 31-33; Chapter 3, pages 49-51; Chapter 5, 94-102; Chapters 14 & 15.
- Keep your pain diary – noting your behaviors and emotions.
- Make a personal medication list, with names of all your medications, the provider who prescribed it, dosage, date started, reason for taking it, and any drug allergies.
- Call, email or write a letter to your provider about what you have accomplished. If you are not pleased, please write a letter to the developers of this workshop explaining your reasons. Self-Management Resource Center • PO Box 219 • Aptos CA 95001 USA • smrc@selfmanagementresource.com. You don't have to mail or show these letters, but it would help to spread the word.

Session 6:

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: Chapter 5, pages 107-111; Chapters 11 & 14 and remainder of the book for other topics not covered in the workshop.
- Continue to use action planning, the pain diary, and self-tests in Chapters 1 & 8 to track your progress and where next to continue your self-management journey.