

My pain self-management plan

It's helpful to have a plan for how to manage your pain. The plan 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> Dose, frequency, additional comments.</p>	
<p><u>Household activities and paid work</u> How can I get my main tasks done during the week? For example, pacing with extra breaks, prioritising tasks, alternating between tasks with different demands.</p>	
<p><u>Physical activity</u> What's something I can do each day to be active? For example, walking, stretches, swimming.</p>	
<p><u>Mood/emotion</u> How can I take care of myself and my emotions? For example, take time out for a bath, read a book, spend time with people, relax.</p>	



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

Written by the Canterbury DHB. Adapted by HealthInfo clinical advisers. Last reviewed July 2021.