

JULY 1, 2020

PAIN COPING SKILLS TRAINING

An Evidence-based Quality Improvement Project
By Marie O'Brien NP



INTRODUCTION

- Your facilitator is : Marie O'Brien
- Pain Management Nurse Practitioner
- Doctoral Student (DNP) at Wilmington University in Wilmington, Delaware
- **Disclaimer**
 - This program has been developed as part of my Doctor of Nursing Program final project through Wilmington University
 - You are under no obligation to participate
 - I appreciate your help in completing the surveys that accompany this program
 - The surveys will help me and other clinicians determine the value of programs such as this to better help other patients who have pain
 - There are no right or wrong responses to the surveys – they represent your opinion
 - Your responses are connected to a unique number that will only be used to help with collecting and analyzing data – they will not be shared with anyone else – not even your pain doctor.
 - The results of this project may be published but you will not be identified as your personal information is not being collected.
 - Your email address or cell phone number is only used to help with connecting you to the program leader (me) during this program and to provide you with updates related to this program.

SCHEDULE	DATE
WEEK 1	
WEEK 2	
WEEK 3	
WEEK 4	
WEEK 5	
WEEK 6	



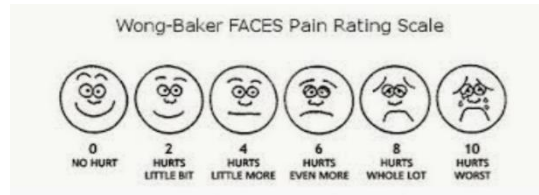
- Although this is a virtual environment, it is a private environment
- This is a supportive environment – negative comments are not welcome
 - We are here to support one another
 - Each participant will be identified only by their first name
 - For the sake of your privacy, do not use your last name during the group visit. You may choose not to use your name at all – that is ok.
- As a reminder – you may choose to participate in this program alone or as a member of a group – the choice is yours
- Group participation provides value through peer support, but the choice is always yours

Summarize Coping Skills Training Program

- You will learn about pain and why we have it
- You will learn strategies for maintaining and building on your current abilities and strengths.
- You will learn skills for decreasing and controlling pain, stress and other symptoms.
- You will learn how to pace your activities so you can do things you enjoy.
- You will learn ways to cope with negative thinking that is a common response to the challenges of having a chronic illness.
- This program is designed to help you develop a toolbox that you can use to help you manage your pain
- It is NOT a substitute for the program you have agreed upon with your primary care provider or pain management provider
- This program is in ADDITION to everything else you are or will be doing to improve your comfort and quality of life
- This program will meet once per week for 6 weeks
- Each session will last about 45 minutes to 1 hour
- The practice work that is assigned to the group is voluntary but will help you be more comfortable with each skill
- You may choose to participate as part of a group OR you may listen to the weekly recordings – the choice is yours.

THIS IS IMPORTANT:

- I BELIEVE YOU
- I BELIEVE IN YOU
- YOUR PAIN IS REAL
- YOUR BODY IS AMAZING AND WE WILL WORK TOGETHER TO HELP YOU UNDERSTAND THE HW AND WHY OF WHAT YOU ARE EXPERIENCING



You are more than a number or body part

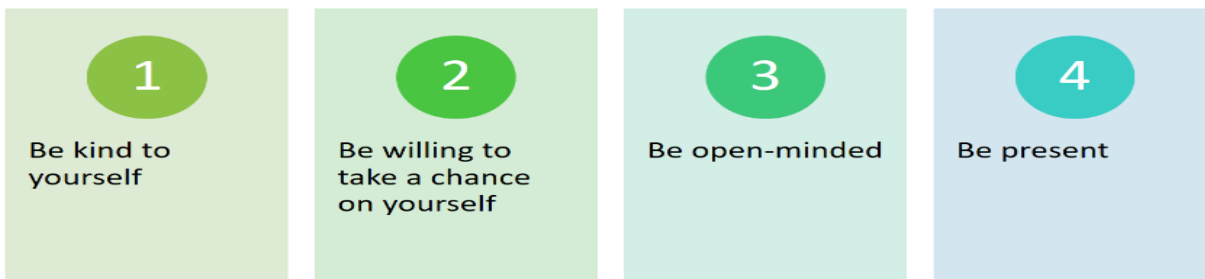
What you can expect from me

- I will provide you with a structured program that has been researched and demonstrated to help patients who have pain "turn down the volume" on their pain intensity and enhance quality of life
- I will share what I have learned about pain and how it works
- I will share strategies that have helped others
- I will be open-minded
- I will be present

What I/group should expect from you

- Be kind to one another
 - This is not a place for judgement, critics, sarcasm
- Be willing to take a chance on yourself
- Be open-minded
- Be present

What you should expect from yourself



What does "WELL" look like?

- If you did not have pain – what would that look like?
- What would you do if you did not have pain?
- What would you do if your pain was "a little bit less"?
- How would you know?
- What do you use as a "pain-o-meter"?



Pain and the Biopsychosocial Model

Has anyone explained to you...

1. Why you hurt?
2. Why your pain is not getting better?
3. Let's review a basic foundation that the entire group is speaking the language

Pain is human response

- Hunger
- Thirst
- Sleepiness
- Feeling hot/cold
- Fear, anxiety
- Pain

Pain Science is rapidly changing

What we knew 20 years ago about pain is not the same as what we know now

- This is true for all areas of knowledge
- The way we treat high blood pressure, diabetes, mental health disorders and many other conditions has changed with the advent of new knowledge
- Twenty years ago, surgical patients stayed in bed for several days after their surgery to rest
 - Now it is standard of care for patients to get out of bed the same day as their surgery and walk
- Twenty years ago, the only medically responsible treatment of pain was opioid medication
- This body of knowledge has changed based on science
- Medication may still be necessary BUT should not be the only treatment
- We would not treat a patient with diabetes ONLY with insulin or a patient with high blood pressure ONLY with heart medication
- We know better now

Our bodies have a very sensitive alarm system.

Your Nerves have sensors.

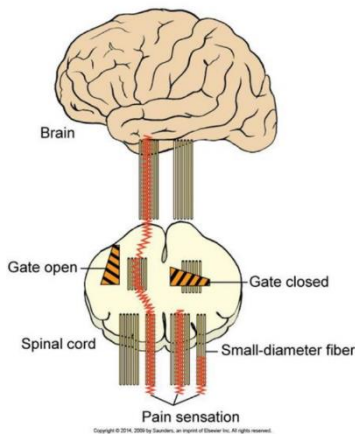


Pain is designed to protect the body!

If you stepped on a rusty old nail, what would happen if you did not feel pain?



Gate Control Theory & Rationale for Coping Skills Training



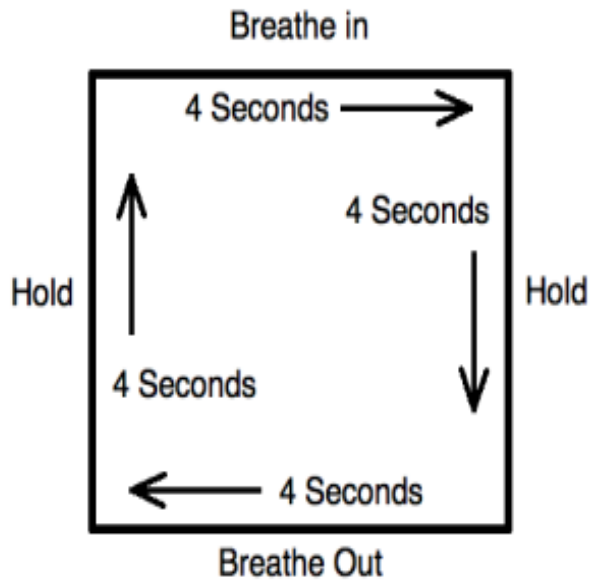
What does this have to do with me?



Mind Body Connection

The mind and body are beautifully connected

BOX BREATHING



PROGRESSIVE MUSCLE RELAXATION is a way to learn how to relax.

- To learn how to relax, you need to learn the difference between feeling tense and feeling relaxed.
- In Progressive Muscle Relaxation you tense and relax various muscle groups throughout your body to learn what tension and relaxation feels like.
- With practice, this technique will increase your awareness of tension in your body and help you keep your tension levels low.
- Relaxation is a skill that can be learned like any other skill such as driving a car, playing a musical instrument, or typing.

It just takes practice – but anyone can do it!

Benefits of Relaxation

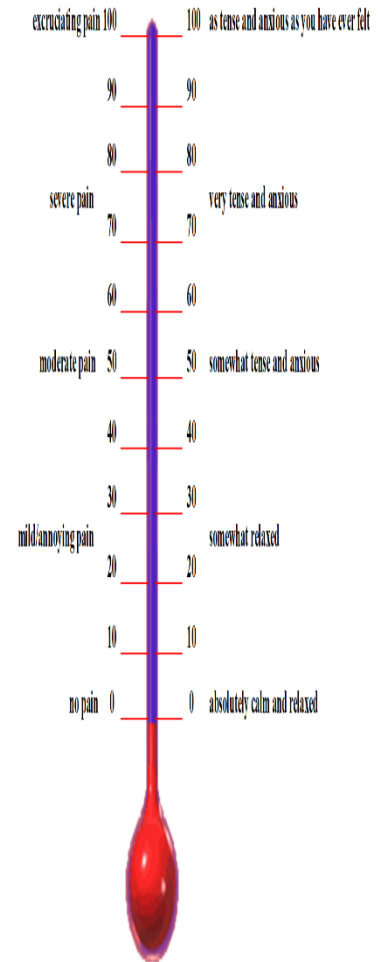
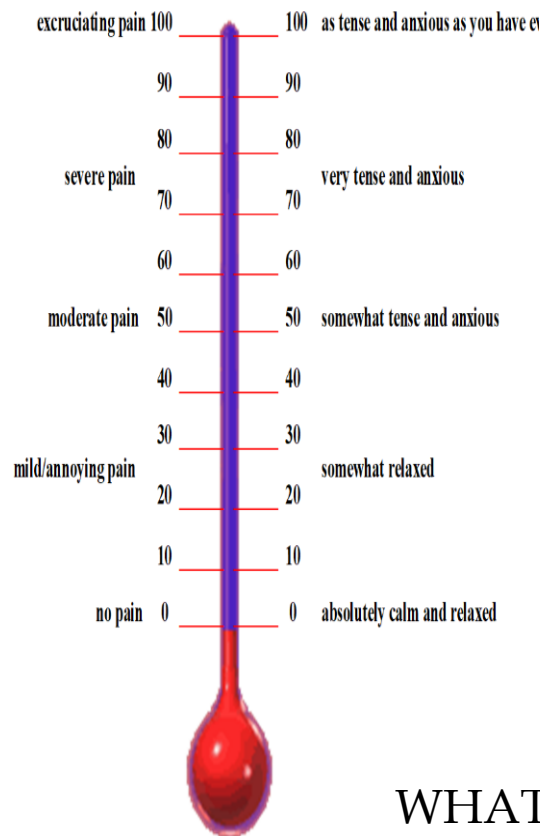
- Relaxation can help in many ways. The term MACES can help you remember how relaxation can be used to help you.
- **M** - MUSCLE tension increases pain, relaxation reduces pain
- **A** - AWARENESS of tense muscles is increased, so you can catch tension early and relax
- **C** - CONCENTRATION is improved, and you can focus on being relaxed
- **E** - EMOTIONAL distress is reduced when you are relaxed
- **S** - SLEEP and rest are improved which has a positive effect on mood, energy level and pain.

PAY ATTENTION TO YOUR BODY **BEFORE** THE RELAXATION EXERCISE AND AFTER.

LET'S GIVE IT A TRY...GET COMFORTABLE AND COME ALONG FOR THE RIDE!

The facilitator will guide you through a relaxation activity.

PAY ATTENTION TO YOUR BODY BEFORE THE RELAXATION EXERCISE AND **AFTER**.



WHAT DID YOU THINK?

There is no right or wrong answer.

HOME PRACTICE WITH RELAXATION

- It takes several weeks of daily practice with the relaxation recording/PHONE APP to learn the relaxation response. Practice with the relaxation recording daily, at least 7-10 times a week, but you may practice twice a day
- It is critical to have a quiet, comfortable place to practice. There should be no interruptions, no phone calls, no worry about doing chores. Talk with your family about giving you this protected time to practice.
- During the learning phase you should practice at a time when you are most relaxed, usually early in the day.
- Don't be discouraged if at first it is difficult for you to relax completely. If you try too hard, you will interfere with the relaxation response. It will come naturally with practice.
- Try not to fall asleep while practicing relaxation. You need to be awake to benefit from the practice.

SETTING GOALS

Goals give us HOPE!

They engage different areas of the brain that may provide a release of neurotransmitters (brain chemicals) that increase feelings such as happiness

STEP 1: How realistic is your goal?

Ask the following questions:

Do you have the resources or skills needed to achieve the goal?

Are there external circumstances that are beyond your control that would prevent you from achieving this goal?

STEP 2: If your goal is not realistic--ask the following questions:

- Is there a more immediate goal that should be achieved first?
- Would the goal be more realistic if you changed the time frame or some other specific aspect of the goal?
- Would the goal be more realistic if you developed additional skills before pursuing the goal?

STEP 3: If your goal is realistic--ask these follow-up questions:

- Is the goal specific enough that you know exactly what to do first, second, third, etc.?
- What strategies have worked for you in the past in achieving similar goals?
- What new strategies (e.g., coping skills) might you try this time around?
- What additional skills/resources do you need to acquire to help you achieve your goal?

Goals give us hope!

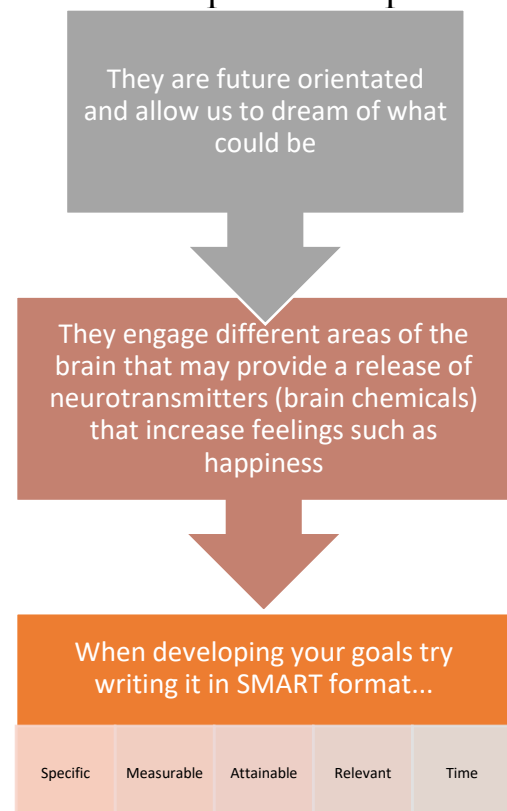
Specific _____

Measurable: _____

Attainable: _____

Relevant: _____

Time: _____



Long Term Goals	Short Term Goals
1.	a.
	b.
	c.
2.	a.
	b.
	c.

What A GREAT FIRST SESSION!

**THANK YOU - AS A REMINDER - WE WILL MEET NEXT WEEK ON
 _____ AT _____**

- **I WILL SEND A REMINDER EMAIL/TEXT/CALL THE DAY BEFORE**
- **PLEASE REMEMBER TO COMPLETE THE WEEKLY SURVEY ON THE WEBSITE PRIOR TO SIGNING IN/WATCHING THE WEEKLY VIDEO.**
- **THIS WILL HELP US IMPROVE THIS PROGRAM FOR OTHER PATIENTS IN THE FUTURE.**

Weekly home practice to build your own toolbox.

This week I will...

- Practice Box Breathing with any of my relaxation exercises
- Practice with the relaxation recording once or twice a day. Don't forget to record your pain/tension levels before and after.
- Write at least one long term goal and one short term goal

I noticed that I liked_____.

Maybe not my favorite_____

Home practice

Pick one skill to focus on this week that you would like to practice. Do that 1 skill once per day and notice the change it has on you comfort and tension.

Day	Before		After	
	Tension	Pain	Tension	Pain
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

The Home Practice worksheets and Pain & Tension Thermometer is in the back of the workbook for reference.

Week 2 – Welcome back!

How was your week?

Anything you would like to share?

Lessons for today...

- Mini-practice exercises
- Identifying our own cues
- Activity Rest Cycle
- Exercise pacing

REVIEW FROM LAST WEEK

Would anyone like to share why we feel pain?

How many feet of nerves are in our bodies?

Explain the gate control theory?

Tell us about our sensitive alarm system?

Would anyone like to share their experience with progressive muscle relaxation exercises OR Box Breathing?

Share a goal?

MINI-PRACTICES

Can be done in 30 seconds or less

Anywhere and at any time.

Helpful when you are feeling increased tension or pain by reversing the tension you feel and replacing it with a feeling of quiet relaxation.

For relaxation to benefit you the most, you need to learn how to relax and calm yourself upon your command. This skill can be very helpful when you are feeling increased tension, pain, or other symptoms but you are unable to go to a secluded area to do progressive relaxation.

TO DO A MINI-PRACTICE:

- Stop yourself.
- Take a long deep breath in.
- As you exhale slowly, say the word "relax" to yourself.
- Begin to focus on sensations of relaxation flowing through your body.
- Feel the relaxation spreading down through your jaw. Allow sensations of heaviness and relaxation to flow downward through your shoulders, through your arms and hands, down into your stomach, and into your legs and feet.
- After 30 seconds go back to what you were doing - regardless of how well you have succeeded in relaxing.

Let's try a Mini-practice exercise!

Your facilitator will lead you through a mini-practice exercise

What did you think?

Advantages:

- Portable – no equipment needed
- Easy to do - Can be adapted to use anywhere and any time
- Effective way to keep tension and pain from building throughout the day.
- Carrying around unnecessary tension requires a great deal of energy and is taxing on the body.
- Think of mini-practices as mid-course corrections
- Takes less time and energy to stay relaxed when you can make lots of small corrections, than when you don't pay attention to your body until your tension/pain levels are high.

REMINDERS TO DO A MINI-PRACTICE

Your goal is to do about 5 mini-practices the first day and then gradually build up to about 20 mini-practices a day over the next few weeks.

You can remind yourself to do a mini-practice in many different ways using both internal (e.g., emotional and physical) and external (e.g., environmental) cues.

It doesn't matter how you choose to remind yourself to relax, what is important is that you practice frequently. Little by little you can develop a habit of keeping yourself relaxed throughout the day.

PAY ATTENTION TO YOUR CUES

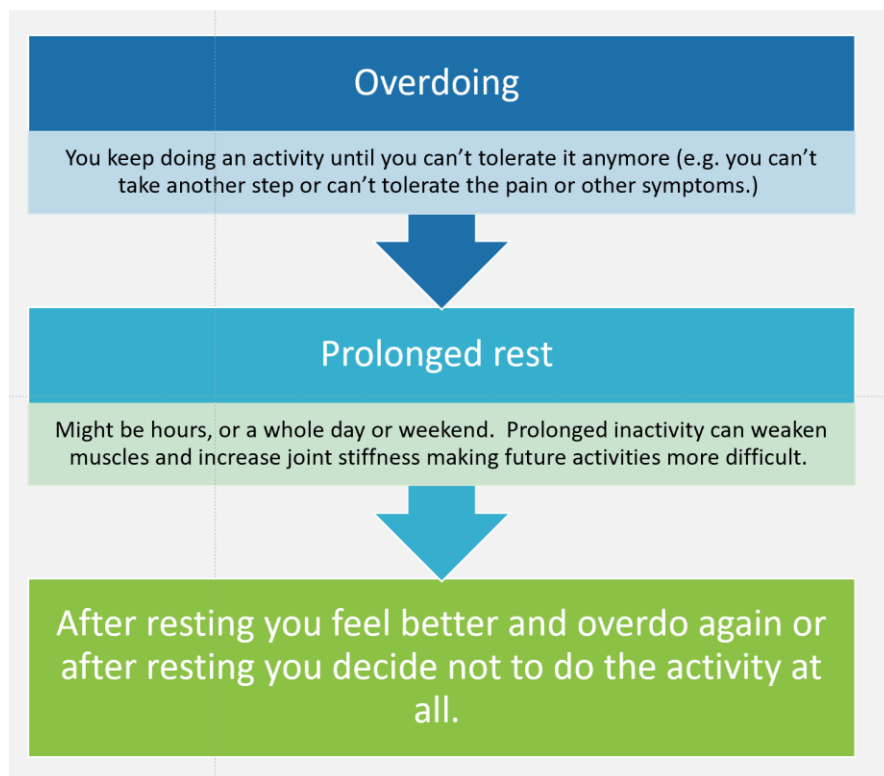
Internal Cues

- Whenever you notice tension in any part of your body
- Whenever you experience any emotional distress or negative mood

- Whenever you experience an increase in your pain

External Cues

- Place adhesive colored dots around your home or office as visual cues or reminders; every time you see a "dot" you will be reminded to do a mini-practice.
- Link a mini-practice to something you do frequently like:
 - getting into a car or stopping at a stoplight
 - before or after eating/drinking
 - talking on the phone
 - watching TV (between programs, during commercials)
 - before going to sleep



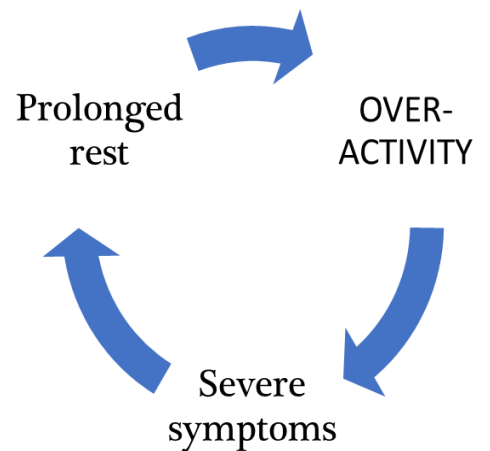
There are three steps to this cycle:

THE OVER-ACTIVITY CYCLE

Individuals with pain have a tendency to overdo or to push themselves on "good days". Often this can lead to more severe symptoms including pain and fatigue, so that they are forced to rest for long periods of time. This cycle of overdoing activities leading to severe symptoms that leads to the need for long periods of rest usually repeats itself many times.

There are many negative consequences of this cycle including:

- anticipating symptoms
- increased severity of symptoms
- increased tension, worry and anxiety
- avoidance or cancelling activities



Activity rest cycle

The activity-rest cycle may be a better way to pace your activities.

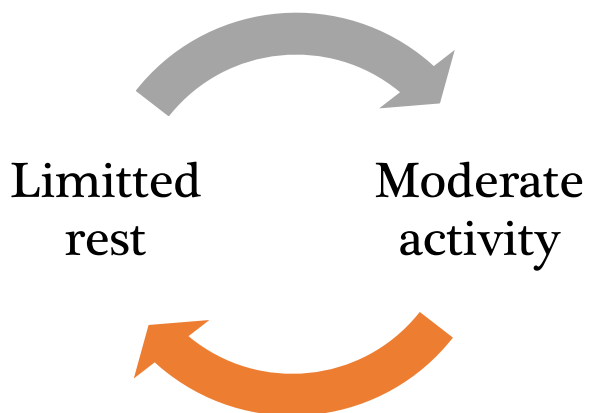
What are some benefits that might come from using the activity rest cycle?

Can you name 3 benefits?

1. _____

2. _____

3. _____



3 basic steps in setting up an Activity-Rest Cycle:

STEP 1: Identify activities that you tend to overdo (e.g., working, shopping, gardening, cooking) or that you enjoy doing but have stopped doing

STEP 2: Set a time limit for one activity and when you reach the time limit stop and rest or relax for a reasonable length of time (10 to 20 minutes or time period offered by patient). You can use relaxation strategies to get the most out of your rest period.

STEP 3: Keep a count this week of how many times you engage in the target activity, and how many times you stop yourself from overdoing and use rest and relaxation.

Benefits of the Activity-Rest Cycle

- What if you could break activities up?
- What are the benefits that might come from it?
- Think about benefits to your body, your activities, your thoughts and feelings.”
- What would be the “downside” of not doing this?
- The goal of the activity-rest cycle is time management.
- Continue doing pleasurable activities rather than cutting back



USING THE ACTIVITY REST CYCLE

1. One activity I tend to over-do.

- Write it down _____

2. Set a time limit

3. When you reach it, STOP and REST or RELAX

- My time limit is ____ minutes

- I will rest for _____ minutes

4. Keep a count of how many times you used the activity rest cycle.

- This week I used the activity rest cycle _____ times.

Weekly home practice to build your own toolbox.

This week I will...

- Practice Box Breathing with any of my relaxation exercises
- Practice with the relaxation recording once or twice a day.
- Working up to 10 mini-practices per day.
- Write at least one long term goal and one short term goal
- Use activity-rest cycling with at least 2 activities this week. Use as many times as possible and record the cycles you complete in your workbook.

I noticed that I liked _____.

Maybe not my favorite _____.

**THANK YOU - AS A REMINDER - WE WILL MEET NEXT WEEK ON
_____ AT _____**

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- **PLEASE REMEMBER TO COMPLETE THE WEEKLY SURVEY ON THE WEBSITE PRIOR TO SIGNING IN/WATCING THE WEEKLY VIDEO.**
- **THIS WILL HELP US IMPROVE THIS PROGRAM FOR OTHER PATIENTS IN THE FUTURE.**

Week 3 – Welcome back!

How was your week?

Anything you would like to share?

Lessons for today...

- Pacing
- Pleasant Imagery & Distraction Techniques
- Sleep

Pleasant Imagery & Distraction Techniques

- Imagery is using your imagination to create a pleasant scene, kind of like what you do when you daydream.
- Studies have shown that imagery is a very effective technique for reducing stress and pain.
- Imagery can help you in 2 ways:
- It distracts you away from unpleasant thoughts or experiences. When you are concentrating on something pleasant, you are not able to attend as much to your discomfort
 - It can help you relax. You can use imagery along with the muscle relaxation exercise to enhance the benefits of relaxation, or you can use it alone.
- There is no right or wrong place to "go", you decide your perfect escape

Skills training

- You are in control of the use of imagery (e.g., whether or not to use imagery, what kind of imagery to use, and when to change imagery).

- You can use any images that are pleasant for you, but we find that when you want to use imagery to help you relax it is best to choose an image that is calming and peaceful, that you associate with feeling relaxed and safe.
 - Write these descriptors on one side of a piece of paper .
- Brainstorm about images or scenes that might have special meaning or importance
 - Write them down
- Think of pleasant events they have experienced in the past and would want to experience in the future
 - Write them down
- Identify an image that they can use in upcoming exercise.
- Think about the image in detail prior to exercise
 - Various senses (i.e., sight, sound, smell, touch, taste).

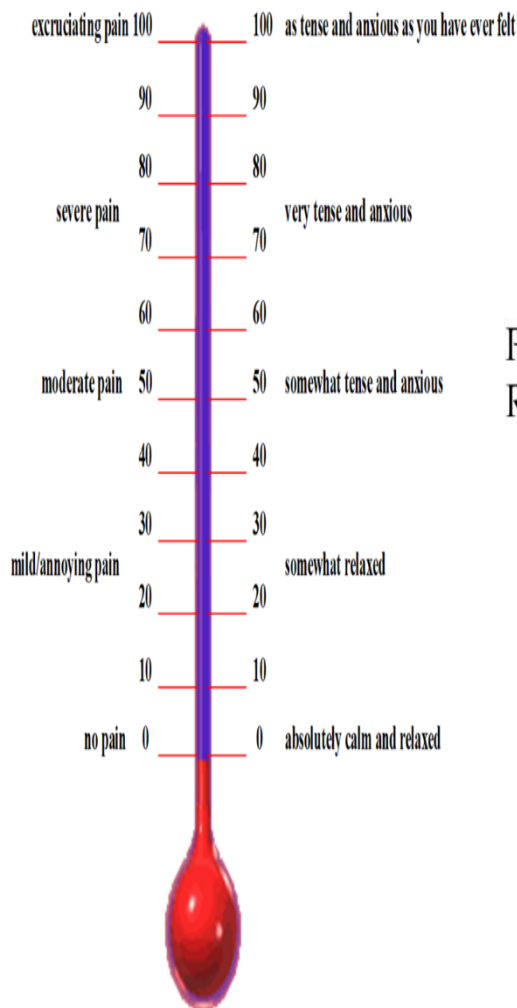
Instead of watching yourself almost like you were on a home movie or videotape or watching yourself as another person would, try to see things through your own eyes. Try to be *in* your imaginary scene as much as possible. This will become easier with practice, and it is important not only that you relax, but that your goal is to, as vividly as possible, experience this pleasant scene.”

Guidelines for practice with imagery

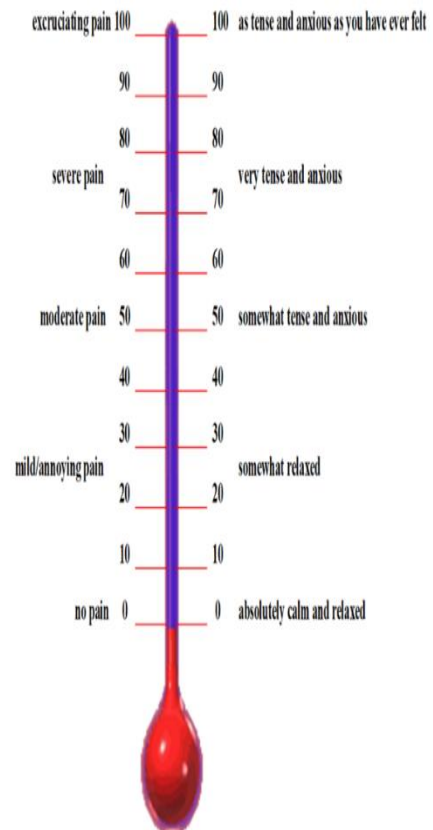
- Precede imagery with relaxation
- Try to involve all aspects of your senses with imagery
- Practice for a specific period of time
- To end imagery, slowly count backwards from 10 to 1

- Practice at home can be conducted with a guided imagery recording
- Prior to beginning the imagery exercise rate your experience of Pain and Tension using the Before Exercise Pain/Tension Rating Scale

PAY ATTENTION TO YOUR BODY **BEFORE** THE RELAXATION EXERCISE AND AFTER.



PAY ATTENTION TO YOUR BODY BEFORE THE RELAXATION EXERCISE AND **AFTER**.



LET'S GIVE IT A TRY...GET COMFORTABLE AND COME ALONG
FOR THE RIDE!

The facilitator will guide you through a relaxation activity.

What did you think?

Pleasant Activities

- Chronic illness affected many aspects of life.
- Many people cut back on doing activities that are enjoyable
- Pain related fatigue
- Afraid of causing more pain.
- Natural response to your situation
- May not be feeling up to doing things the way you used to.

Accomplishment...Joy....Pleasure

- We all need to have fun and also feel like we are doing something meaningful.
- Feel better and cope with stress more effectively.
- Take your attention (thinking or thoughts) away from your medical problems.
- Less able to focus your pain.
- Closing the pain gate
- Reduce negative feelings (i.e., anxiety, depression, and frustration).

What do you think?

- How could increasing pleasant activities be of personal benefit?
- How would things change?
- What would you be doing that you are not doing now?
- Write them down on your pleasant activity list

Variety is the spice of life

- In today's session, we will work on identifying a variety of activities that you might enjoy doing.
- The key is to engage in a variety of activities that you find distracting and fun or interesting.
- Try something new that might be fun, or vary your routine activities so as to make them more enjoyable.
- Think of pleasant things you can do on your own or with others.
- Try to vary your pleasant activities. Remember, "Variety is the spice of life."

BRAINSTORMING

When trying to come up with new ideas for pleasant activities, remember the following guidelines:

ANYTHING GOES - Open your mind to all possibilities and consider all options.

THE MORE THE MERRIER – The more ideas you put on your initial list, the better. You can always cut things out later. There may be ways to modify activities you don't think you can do.

MIX AND MATCH – Think about combining different activities (e.g. perhaps read while enjoying fresh air or talk to a friend while going for a drive).

NO CRITICISM – Do not criticize or reject any ideas initially.

MAKE A LIST

- List things you used to do that you think you cannot do now...perhaps we can come up with a way to modify the activity.
- Is there a way to do it in a way differently to make it more enjoyable.
- If not realistic, we can cross it off later
- Consider options that you haven't done in the past... open your mind to new ideas/experiences
- Think of activities you could engage in over the next few weeks.
 - What would you like to be doing?
 - What activities are you doing now but are enjoying less?

What did you enjoy about certain activities?

Sleep hygiene

Sleep is a valuable component to any pain and/or wellness program.

Sleep allows our body to recycle and rejuvenate.

It is during sleep that our brains can clear toxins and consolidate data –

Think Tetris!

Without adequate sleep your brain struggles to create chemicals and hormones that keep your body running in tip top shape.

TIPS:

- Avoid benzodiazepines (sleeping pills or medicine like Valium)
- Try: Lavender, melatonin, magnesium, progressive muscle relaxation, binaural beat, sleep hypnosis, chamomile, valerian
- Regular sleep practices

Weekly home practice to build your own toolbox.

This week I will...

- Practice Box Breathing with any of my relaxation exercises
- Practice with the relaxation recording once or twice a day. Don't forget to record your pain/tension levels before and after.
- Working up to 20 mini-practices per day.
- Write at least one long term goal and one short term goal – break down into smaller tasks and check them off
- Use activity-rest cycling with at least 2 activities this week. Use as many times as possible and record the cycles you complete in your workbook.

Complete the following pleasant activities: (at least 3)

1. _____

2. _____

3. _____

Pick one new bedtime habit and use it every night

My new bedtime habit is:

I noticed that I liked _____.

Maybe not my favorite _____

THANK YOU - AS A REMINDER - WE WILL MEET NEXT WEEK ON

_____ **AT** _____

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Home practice

Pick one skill to focus on this week that you would like to practice. Do that 1 skill once per day and notice the change it has on you comfort and tension.

Don't forget about the journal logs in the back of the workbook

WEEK 4

This week:

- Problem solving
- ABC Method
- Thought Record
- Non-medicine toolbox

Review of home practice

- Would someone like to share an experience
 - Pleasant Activity Scheduling
 - Relaxation: Review Pain/Tension Record Homework Sheet
 - Mini-Practices
 - Activity-Rest Cycling
 - Pleasant Activity Scheduling
- What differences did you notice when you practiced on your own?
- What are things like for you after you practice (compared to times you did not practice)?
- How did you get that (the practice) to happen?

Why Problem Solving?

Has anyone experienced a problematic situation recently?

- Increased pain, coping efforts may not seemed to work, difficulty communicating with others, etc. ?
- You may be anticipating a problematic situation that is coming up in the future.

- These situations or problems can seem overwhelming or insurmountable.

Success!

- You are most likely to succeed in using your coping strategies if you have a plan or problem-solving approach for how to implement these strategies in difficult or challenging situations.
 - With this coping skill you will learn how to recognize when a problem exists and the steps to take in solving that problem.
 - We'll use this technique in the session to come up with some solutions to problem situations that you might not have thought of on your own.
- Note: this approach to problem solving can be very useful when dealing with other issues, unrelated to pain as well.

PROBLEM-SOLVING GUIDELINES

What is the problem?

- Describe the problem as precisely as you can
- If it is a large, complex problem, break it down into several smaller problems and deal with them one at a time

Why is it a problem?

- How does the situation affect you:
- Body Responses?
- Thoughts/Feelings?
- Behavior?

What potential solutions can be identified?

- Brainstorm list of potential solutions ("anything goes" at the beginning)
- Identify from list which solutions are most likely to be effective and appropriate
- Write down a specific plan for a course of action (include *what* will be done, *when* and *where*)

PROBLEM-SOLVING PRACTICE EXERCISE

Select a problem that you are currently experiencing or that you expect to have difficulty with in the future.

Complete the following worksheet for that problem.

What is the problem?



1. Why is it a problem?	
2. How does it effect your physical symptoms?	
3. How does it affect your thoughts and feelings?	
4. How does it affect your behaviors?	
5. What potential solutions can be identified?	
6. What potential solutions can be identified?	
7. Brainstorm to create a list	
8. Develop a specific course of action and write down your plan (include what technique/skill you will use, when and where)	

ABC Model



Thoughts can influence how you feel, and how you react to situations.



Example, suppose you are home alone at night and you hear a noise outside (A). If you think that the noise is a burglar, how would you feel? What would you do? List consequences (C).



What if instead you thought that the noise was a cat knocking over the garbage can? How would you feel then, what would you do?



This example demonstrates the influence that our thoughts or beliefs have on our feelings and our behavior.

Problem Solving Model

- We discussed the use of problem solving a few sessions back when we were still introducing new skills.
- Since then you've learned several new skills (challenging negative thoughts, developing coping thoughts, imagery and other distraction techniques).
- Now we're going to bring all of those skills to bear on problem solving.
- Because you have a lot more tools in your tool box, now is a good time to practice picking and choosing among the various coping skills that can be helpful in problem situations that you are likely to encounter in the future.



Event



THOUGHT



CONSEQUENCE

My Thought Record

<u>Event</u>	<u>Thoughts</u>	<u>Consequences</u>

Can be very negative and work against us, causing us to become depressed, tense, worried, anxious, angry, withdrawn, etc.

More helpful automatic thoughts lead to more positive feelings

May not eliminate all negative feelings, the negative feelings tend to be less frequent and severe

Influence the things that we do, or don't do (such as learning Braille or going to rehab).

Automatic negative thoughts also have an influence on the gate, this time by not allowing our brain and calming thoughts to close the gate.

Lots of people have negative thoughts when they are going through difficult times.

This is normal and understandable

Problem when these thoughts are so frequent or extreme that they get in the way - for instance if they lead to persistent feelings of depression or anxiety, or if you are not taking care of yourself or getting necessary medical care.

**Talk
through the
problem**

- Start with yourself
- Identify a safe sounding board
- Journal, phone a friend, a trusted healthcare provider

**Brainstorm
solutions**

- Select the most promising approach(es)
- Summarize solution(s)
- Plan to implement the approach(es).

**Reflect on
the effect**

- Was the outcome different than the past
- Better or Worse
- Would you do it again

AUTOMATIC THOUGHTS



WHEN PEOPLE EXPERIENCE PAIN OR OTHER DISTRESSING SYMPTOMS, THEY EXPERIENCE ALL KINDS OF AUTOMATIC THOUGHTS.



SOME OF THESE THOUGHTS PROBABLY WORK FOR YOU AND SOME WORK AGAINST YOU.



REMEMBER THE "GATE" WE TALKED ABOUT IN EARLIER SESSIONS.



WHAT ARE SOME OF THE THOUGHTS/BELIEFS YOU EXPERIENCE NOW OR HAVE EXPERIENCED IN THE PAST WHEN YOU HAD PAIN OR OTHER SYMPTOMS?



HOW DO THESE THOUGHTS MAKE YOU FEEL?



LET'S REVIEW THE CONNECTION BETWEEN THOUGHTS, FEELINGS, AND PHYSIOLOGICAL CONSEQUENCES – CAN YOU THINK OF AN EXAMPLE?

AUTOMATIC THOUGHTS AND PAIN

GUIDELINES FOR RECOGNIZING THOUGHTS THAT ARE WORKING AGAINST YOU

Your thoughts may be working against you if:

Negative emotion - like sadness, nervousness, worry, fear, anger - seems connected with the thought.

You have a negative thought that comes up repeatedly

You feel like you can't act; you are immobilized or "stuck".

Let's add to your toolbox...

- The most valuable tool in your toolbox is knowledge
- Knowledge about your body
- Knowledge about why you have pain
- Knowledge about how your mind and body and connected

What do you currently have?

- Basic pain neuroscience education
- Progressive muscle relaxation
- Mini-practice exercises
- Box Breathing
- Pleasant activity scheduling
- Perhaps you have other tools you have collected along your pain journey?

Using the right tool in the right situation

- Not every tool will work for every situation – no matter how good it is
- If one nonpharmacologic tool does not seem to be a good fit, there are other options
- Sometimes a combination of tools and medicine is the best fit
- The chart on the next page is just a few of the many options that may help you help you!

If you had a nonmedication option...

- You may have another option to add to your brainstorming list
- You are in control of your own "toolbox"
- Limited side effects
- Choose 1 therapy you have never used before and try to use it consistently

This is a list of self-care techniques that may improve your comfort and ability to move. They are not intended to diagnose, treat, cure, or prevent any disease or injury. Self-care and CAM interventions enhance your own ability to overcome distress and may decrease suffering.

Acupuncture	Aromatherapy	Biofeedback	Ice/Heat	Massage
Reflexology	Emotional Freedom Technique (EFT)	Clinical Hypnosis	Meditation	Guided Imagery
Tai Chi	Yoga/Chair Yoga	Transcutaneous Electrical Nerve Stimulation (TENS)	Cognitive Behavioral Therapy	Accupressure
Music	prayer	Bioneural Beats	Virtual Reality	Mirror therapy
Physical Therapy	Chiropractic	Sleep Hygiene	Anti-inflammatory diet	Nutritional Supplements
Aquatherapy	Homeopathy	Vibroacoustic Harp Therapy	Pulsed electromagnetic field wearable device	Drama Therapy
Reiki	Therapeutic Touch	Phototherapy	Thermo- vibration	AND MORE!

Weekly home practice to build your own toolbox.

This week I will...

- Practice Box Breathing
- Practice with the relaxation recording once or twice a day.
- Working up to 20 mini-practices per day.
- Work on at least one long term goal and one short term goal
- Use activity-rest cycling with at least 2 activities this week. Use as many times as possible and record the cycles you complete in your workbook.
- Complete the following pleasant activities: (at least 3)
 1. _____
 2. _____
 3. _____
- Pick one new bedtime habit and use it every night – continue the original new habit

My new bedtime habit is:

Pick one new non-medicine pain treatment and use it at least 5 X times this week. My new non-medicine treatment is:

I noticed that I liked _____.

Maybe not my favorite _____.

**THANK YOU - AS A REMINDER - WE WILL MEET NEXT WEEK ON
_____ AT _____**

- **I WILL SEND A REMINDER EMAIL/TEXT/CALL THE DAY BEFORE**
- **PLEASE REMEMBER TO COMPLETE THE WEEKLY SURVEY ON THE WEBSITE PRIOR TO SIGNING IN/WATCHING THE WEEKLY VIDEO.**
- **THIS WILL HELP US IMPROVE THIS PROGRAM FOR OTHER PATIENTS IN THE FUTURE.**

Session 5: Challenging Negative Thoughts, Calming Self-Statements

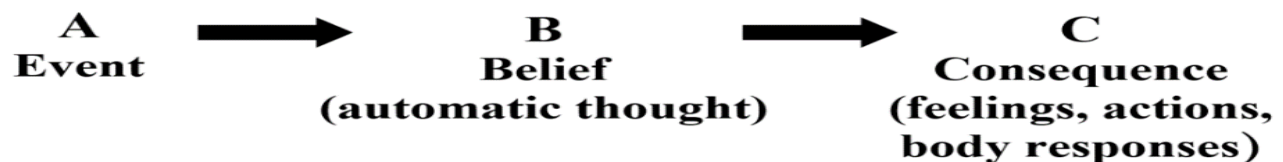
Review of home practice

Anything you would like to share with the group?



Developing Calming Self-Statements

- Automatic negative thoughts may “pop up” as we go about our daily business.
- If you become more aware of your negative thought, then you will be able focus on changing these thoughts rather than spending time on thoughts that work against you.
- Remember the A-B-C diagram



STEP 1: Recognize that you are having negative thoughts.

- Recognition may come through direct awareness of the thoughts or by first becoming aware of your mood or behavior, and working backward to identify thoughts that are driving these experiences.

Use the ABC Model!

STEP 2: Challenge the negative thoughts.

Ask these challenge questions:

- Is this thought realistic?
- Is it based on anything that really happened?
- Are you using a negative thinking style (i.e., jumping to conclusions, should statements)?

- If your friends/family knew what you were thinking, what would they say?
- If you heard your child say this, what would you say?
- Asking yourself these challenge questions will often generate alternative thoughts that are more helpful.

Step 3: Generate calming self-statements or coping thoughts.

- Coping thoughts are more optimistic, helpful ways of talking to yourself about a difficulty you are experiencing.
- Sometimes coping thoughts are simply the answers to the challenge questions in STEP 2.
- Other coping thoughts may be realistic statements that others have used to comfort you or that you have used to comfort others.

Coping Thoughts Exercise

- Coping thoughts are related to more positive feelings and actions.
- Let's review homework thought record to generate alternative coping self-statements.
- Our thoughts can influence how we feel, how we act, and how we experience pain.
- Some thoughts are helpful and work for us, while others are unhelpful and work against us.
- The goal is to minimize the impact of negative thoughts by focusing on coping thoughts that are helpful for you in dealing with pain.



COPING THOUGHTS WORKSHEET

A - EVENT	B- THOUGHT	C-CONSEQUENCE Feelings, Action, Body response	D - Coping Thoughts

Counting Backwards

- Diverting attention by distracting yourself
- This technique might involve slowly counting backward from 10 to 1, counting from 1-100, or any other counting method you might like to use.
- Counting methods can be enhanced by using visualization or “your mind’s eye” to “see” the numbers in a variety of ways or using the relaxation response.
- Imagine each number flashing on a screen (white or brightly colored numbers superimposed on a black screen)
 - Imagine each number fading in and then fading out
 - Repeat the word “relax” between each number
- Let’s do a mini-practice and then slowly count backward from 10 to 1, spending 3-5 seconds at each number.
- What is the effects on pain and tension?

Focal Point Distraction by focusing on Physical Surroundings

- Pain is a complex experience
- Gate control model: role of thoughts, feelings, and behavior
- Diverting attention by distracting yourself can be an effective coping strategy
- Imagery and counting backwards are distraction methods you have been exposed to
- You can also occupy your thoughts and divert attention by using a Focal Point, which involves deliberately focusing on events, tasks, or objects around you
- Example: use of a focal point in Lamaze childbirth preparation helps women cope with labor pain.
- Other examples:
Counting ceiling or floor tiles, examining construction of a piece of furniture, concentrating on a difficult piece of needlework, or a challenging card game. Write examples for the yourself: _____

To use Focal Point:

- Always begin with a mini-practice, then concentrate your attention on something you can see in your immediate environment.
- Did you notice any effect on pain, tension, or other symptoms?
- Rate ability to concentrate on object using 0 - 100 scale (0 = can't concentrate at all, 100 = perfect concentration).

What did you think?

Diverting Attention by Focusing on Auditory Stimuli

- Another method to distract yourself from pain is to focus on your sense of hearing using Auditory stimuli, or specific sounds.
- May be particularly distracting include any type of music that you find stimulating or enjoyable.
- What types of music do you enjoy?
 - Write them down
- Other examples of auditory stimuli?
 - Write them down

-
- For a demonstration, first do a mini practice, then close your eyes and listen to a sound in or out of the room. Focus on this sound for one or two minutes.
 - Find a type of music that is pleasing
 - Listen to this music at home in order to practice applying this coping skill.

Weekly home practice to build your own toolbox.

This week I will...

- Practice Box Breathing
- Practice with the relaxation recording once or twice a day. Don't forget to record your pain/tension levels before and after.
- Working up to 20 mini-practices per day.
- Listen to this music at home in order to practice applying this coping skill.
- Work on at least one long term goal and one short term goal

- Use activity-rest cycling with at least 2 activities this week. Use as many times as possible and record the cycles you complete in your workbook.

- Complete the following pleasant activities: (at least 3)

1. _____

2. _____

3. _____

- Pick one new bedtime habit and use it every night – continue the original new habit

My new bedtime habit is:

- Pick one new non-medicine pain treatment and use it at least 5 X times this week – continue the original new habit (if it was helpful)

My new non-medicine treatment is:

- Monitor your automatic negative thoughts this week and practice developing alternative coping thoughts. List them on the coping thoughts worksheet

COPING THOUGHTS WORKSHEET HOME PRACTICE

A - EVENT	B- THOUGHT	C-CONSEQUENCE Feelings, Action, Body response	D - Coping Thoughts

I noticed that I liked_____.

Maybe not my favorite_____

**THANK YOU - AS A REMINDER - WE WILL MEET NEXT WEEK ON
_____ AT _____**

- **I WILL SEND A REMINDER EMAIL/TEXT/CALL THE DAY BEFORE**
- **PLEASE REMEMBER TO COMPLETE THE WEEKLY SURVEY ON THE WEBSITE PRIOR TO SIGNING IN/WATCHING THE WEEKLY VIDEO.**
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Coping Skills Maintenance: Early Warning Signs/ Developing a Coping Plan

Goals:

- Review principles of relapse prevention
- Identify early warning signs of reduced coping
- Develop coping plans to address lapses in coping

Problem Solving Model



You may be anticipating a problematic situation that is coming up in the future (e.g. traveling, family outing, increased physical demands at work).



Sometimes these situations or problems can seem overwhelming. You are most likely to succeed in utilizing your coping strategies if you have a plan for how to implement them in difficult or challenging situations.



To help you deal more effectively with future problem situations we will focus on how to use problem solving to come up with coping skills to apply in different types of situations

Problem Solving Worksheet

Select a problem that you are currently experiencing or that you expect to have difficulty with during the week. Complete the following worksheet for that problem.

- Identify the problem: _____
- How does it affect your body responses? _____
- How does it affect your thoughts and feelings? _____
- How does it affect your behavior? _____
- List all possible solutions*: _____
- *Consider coping skills: relaxation, mini-practices, activity-rest cycle, coping cards, and imagery

Developing a Problem-Solving Plan

Let's discuss how you might handle some problem situations that might come up in the future.

Situation 1: Pain flare

Situation 2: Traveling

Situation 3: Trying to finish housework or yard work in a day

Situation 4: Illness of a family member requiring extra help from you

Situation 5: Holidays - Thanksgiving cooking; Christmas shopping

Situation 6: Walking too far from home and being too tired to walk back

Situation 7: Increased pain from overdoing it the day before

Situation 8: Being at a party or in church and feeling severe pain, too tired to stay

Situation 9: Friends ask you to go the mall, you just don't know if you can keep up



Setbacks are unavoidable and they may surface in many different ways.



A setback could be an increase in physical symptoms or an increase in negative thoughts or feelings.



Have you had any setbacks or lapses recently?



STEP 1: Describe the situation



STEP 2: Difficulties you are likely to have in the situation (e.g., repetitive activities that are painful, tension, worry)



STEP 3: Coping skills – singly or in combination - you can apply (e.g., relaxation, activity-rest cycle) (be specific - when, how).



Refer to your nonpharmacologic tools



Menu of Coping Skills.

Relapse Prevention

Efforts to change behavior can be met with 3 behavioral challenges:

1. Lapses - Occasional/minor slips in using coping skills
2. Relapses - More problematic and involve going back to the old way of coping and getting off program for a while
3. Collapse - More severe and involves a decline in coping that is more problematic than where you started from.

Relapse prevention: Lapse/Setback

- Lapses are the rule, not the exception
- The earlier you respond the better.
- Minimize lapses and to prevent relapses altogether.
- Lapses, Relapses, and Collapses can be triggered by a Setback – an unforeseen difficult event or experience like a pain flare, argument with your spouse, new financial stressor etc.
- You might experience a setback as:
 - An increase in your OA symptoms, that leads to a lapse in the way you are coping with your symptoms.
 - A loss, or something may go wrong in your family or with your financial situation
 - Feeling blue or worried for no identifiable reason at all.
- Develop a personal plan for coping with lapses/setbacks, ideally before they happen.
- The more prepared you are for a problem, the better you will be able to handle it.

- Today we will start the process of developing coping plans for dealing with lapses or setbacks.
- We will begin with the first step in any coping plan: Identifying early warning signs

EARLY WARNING SIGNS

Thoughts:

Feelings:

Behaviors:

Interactions with Others:

Developing a Coping Plan

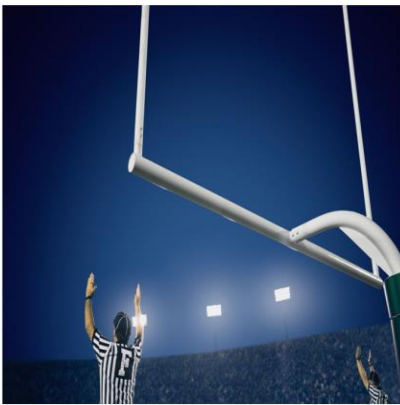
STEPS:

Recognize early warning signs. Now that you have a better idea of what your early warning signs are, it will be important for you to be able to *recognize* the early thoughts, feelings, behaviors, and responses from others that indicate a decrease in your coping. In other words, you're trying to identify a lapse before it comes a relapse. When developing this step in your coping plan, it is important to ask yourself "What can I do to help myself stop, look, and listen so that I can better recognize if I am experiencing any of my early warning signs?"

- Stay calm by using calming self-talk. You have learned how to monitor your thoughts and reactions to situations and have realized that some thoughts work for you and some work against you. The task for this step is to apply this skill to dealing with a lapse or setback, by identifying negative or unhelpful thoughts about how you are coping, and to generate coping thoughts that help you view the situation in a more helpful/positive manner.
- Review the situation leading up to the lapse/setback. This step involves asking yourself questions to help you review the situation. Were there any warning signs or other factors that might have been important? Were you letting negative emotions build up? Were you cutting back on pleasant activities, activity-rest cycling, relaxation exercises, etc? Are there different ways that you might have coped with events that led up to the setback?

- Make an immediate plan for coping. The task for this step is to identify the coping skills that can help get you back on track. You can look at the Menu of Coping Skills and make a plan to implement the skills that would be most appropriate.
- You can think of the old-fashioned railroad crossing sign “stop, look, and listen” to emphasize points.

GOAL SETTING – how did you do?



Long Term Goals	Short Term Goals
1.	a.
	b.
	c.
2.	a.
	b.
	c.
3.	a.
	b.
	c.

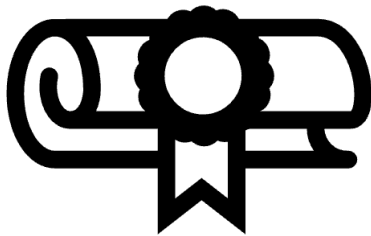
Congratulations!

- You have completed one-mile marker in your journey
- I am proud of all of you
- More important – you should be proud of yourselves
- If you enjoyed the program – please leave feedback on what may help others in the future

DON'T STOP PRACTICING!



Please take a few minutes to complete the final survey. Once your completed survey has been received, you will receive a certificate of completion for participating in the program.



Thank You!

MENU OF PLEASANT ACTIVITIES

Play a musical instrument
 Listen to music
 Dance
 Watch a sunset/sunrise
 Laugh at yourself
 Play with a child
 Take a walk
 Take a class
 Clean out a closet
 Look at the clouds
 Go fishing
 Enjoy a cup of hot tea
 Get up early and enjoy the quiet
 Take in a funny movie
 Read a good book
 Buy some new clothes
 Eat by candlelight
 Sit by a fire
 Take a long bath
 Fly a kite
 Talk on the phone with a friend
 Visit a friend
 Go to a concert

Go sailing
 Drink a cup of cocoa
 Watch the rain
 Listen to a story
 Go window shopping
 Work on a craft or hobby
 Put some pictures into an album
 Go out to breakfast, lunch or dinner
 Go to church
 Investigate something interesting on
 the internet
 Schedule a massage
 Write a letter or e-mail to a friend
 Hit some golf balls at the range
 Take your car for a wash
 Watch a ball game
 Treat yourself to a special coffee
 drink
 Go to a ballgame
 Buy a present for someone
 Take a walk in the grass with your
 shoes off
 Look out a window
 Have a water fight

WEEK #1 _____

Home practice

Pick one skill to focus on this week that you would like to practice. Do that 1 skill once per day and notice the change it has on you comfort and tension.

Day	Before		After	
	Tension	Pain	Tension	Pain
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

ACTIVITY REST CYCLE WORKSHEET**WEEK # 1**

Day	Activity	Minutes of activity	Minutes of rest	Minutes of activity	Minutes of rest
Sun					
Mon.					
Tues					
Wed					
Thurs					
Fri					
Sat					

Week #2

Home practice

Pick one skill to focus on this week that you would like to practice. Do that 1 skill once per day and notice the change it has on you comfort and tension.

Day	Before		After	
	Tension	Pain	Tension	Pain
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Week # 2

ACTIVITY REST CYCLE WORKSHEET

WEEK # _____

Sat					
Fri					
Thurs					
Wed					
Tues					
Mon.					
Sun					
Day	Activity	Minutes of activity	Minutes of rest	Minutes of activity	Minutes of rest

WEEK # 3

Home practice

Pick one skill to focus on this week that you would like to practice. Do that 1 skill once per day and notice the change it has on you comfort and tension.

Day	Before		After	
	Tension	Pain	Tension	Pain
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

WEEK # 3

ACTIVITY REST CYCLE WORKSHEET

WEEK # _____

Day	Activity	Minutes of activity	Minutes of rest	Minutes of activity	Minutes of rest
Sun					
Mon.					
Tues					
Wed					
Thurs					
Fri					
Sat					

WEEK # 4

Home practice

Pick one skill to focus on this week that you would like to practice. Do that 1 skill once per day and notice the change it has on you comfort and tension.

Day	Before		After	
	Tension	Pain	Tension	Pain
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

WEEK # 4

ACTIVITY REST CYCLE WORKSHEET

WEEK # _____

Day	Activity	Minutes of activity	Minutes of rest	Minutes of activity	Minutes of rest
Sun					
Mon.					
Tues					
Wed					
Thurs					
Fri					
Sat					

Week # 5

Home practice

Pick one skill to focus on this week that you would like to practice. Do that 1 skill once per day and notice the change it has on you comfort and tension.

Day	Before		After	
	Tension	Pain	Tension	Pain
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Week # 5

ACTIVITY REST CYCLE WORKSHEET

WEEK # _____

Day	Activity	Minutes of activity	Minutes of rest	Minutes of activity	Minutes of rest
Sun					
Mon.					
Tues					
Wed					
Thurs					
Fri					
Sat					

WEEK # 6

Home practice

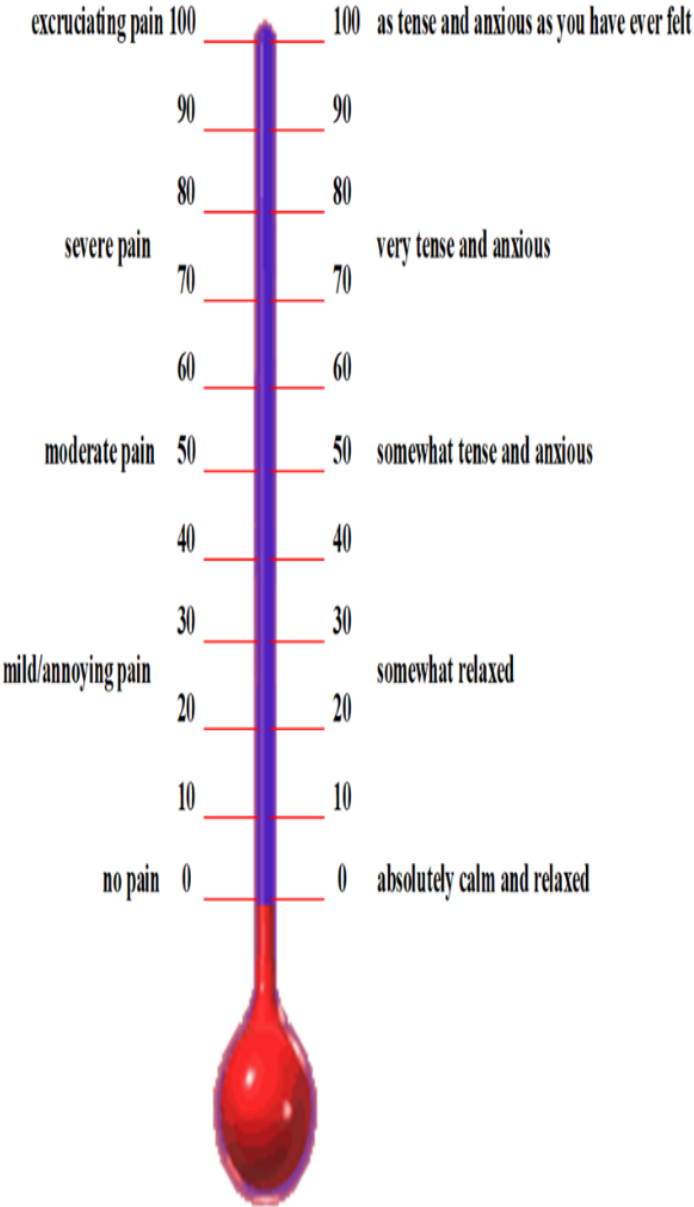
Pick one skill to focus on this week that you would like to practice. Do that 1 skill once per day and notice the change it has on you comfort and tension.

Day	Before		After	
	Tension	Pain	Tension	Pain
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

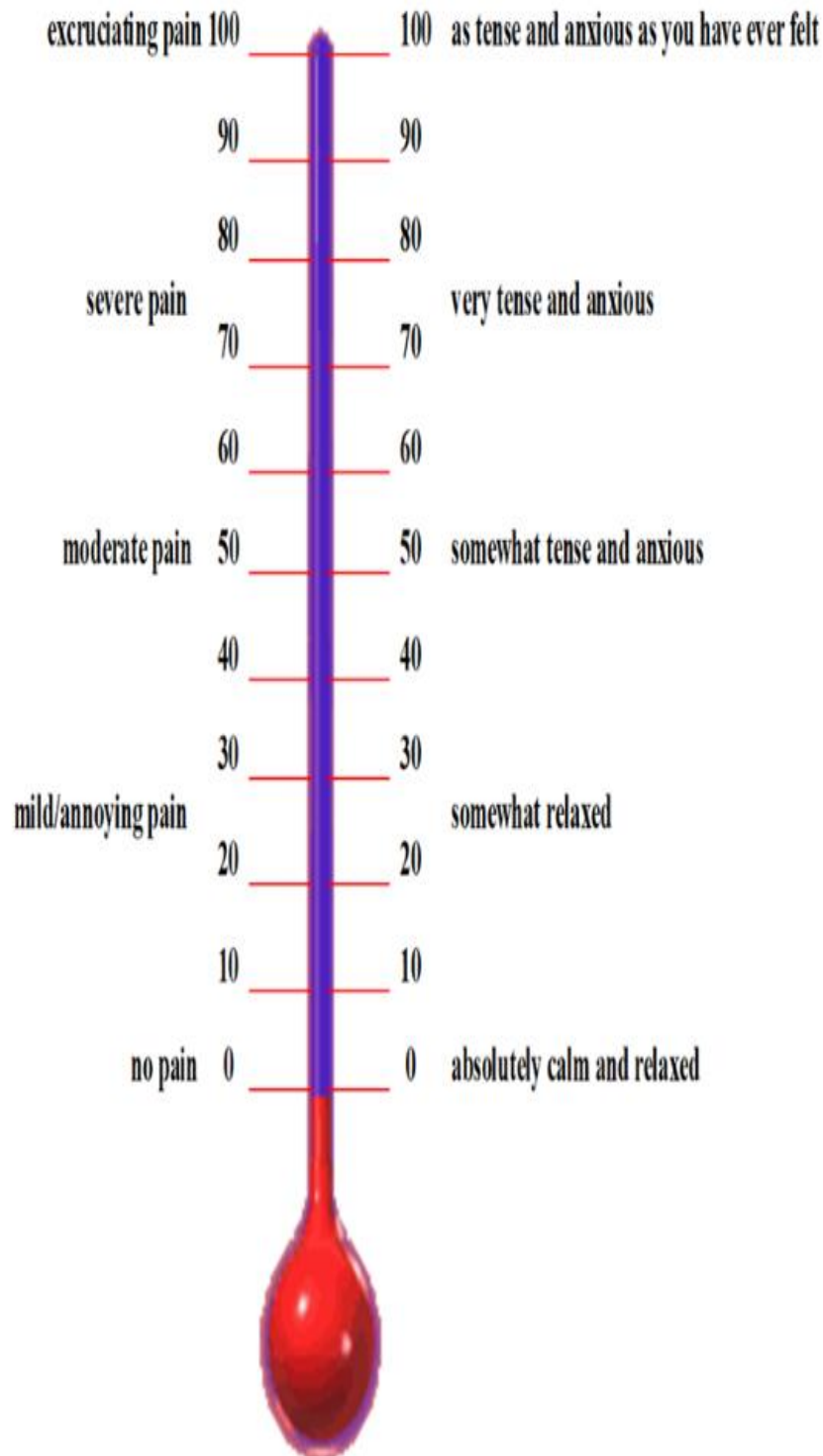
WEEK # 6 - Activity Rest

Day	Sun	Mon.	Tues	Wed	Thurs	Fri	Sat
Activity							
Minutes of activity							
Minutes of rest							
Minutes of activity							
Minutes of rest							

PAY ATTENTION TO YOUR BODY **BEFORE** THE RELAXATION EXERCISE AND AFTER.



PAY ATTENTION TO YOUR BODY BEFORE THE RELAXATION EXERCISE AND AFTER.



RESOURCES:

1. American Sleep Association
 - a. www.sleepassociation.org
2. App Store/Play Store:
 - a. Insight Timer
3. American Holistic Nurses Association
 - a. List of downloadable resources for resilience and self-care
 - b. <https://www.ahna.org/Resources>
4. Meditation and relaxation Apps
 - a. <https://www.theacpa.org/pain-management-tools/relaxation-audio/>
5. NIH Pain Ebook
 - a. <https://www.nccih.nih.gov/health/pain-considering-complementary-approaches-ebook>
6. US Pain Foundation
 - a. <https://uspainfoundation.org/>
7. You Tube
 - a. Search mediation or music for pain, sleep, meditation

Additional resources may be found at Paincoping.com