



Your Mind Action Plan Guide



PACT

The Threat: GNATS are G- Grueling N-Negative A- Automatic T-Thoughts

Negative thoughts & attitudes are THREATs can increase pain & interfere with recovery. GNATs such as “I’m so slow”, “I just can’t do it”, “I’m no good at that”, “Everybody’s better than I”, “This is a disaster”. These negative thoughts may increase muscle tension and strain, increase pain sensitivity and interfere with recovery. GNATs is a threat that can include;

- Pessimistic thoughts and attitudes
- Low confidence in success with thoughts of “I can’t do it”
- Unrealistic expectations such as “I want an immediate cure” or “I can do it alone”
- Poor coping and resilience with pain and stress by overreacting or feeling lost
- Don’t let GNATs bug you!



The Solutions: PATs are P-Positive A-Automatic T-Thoughts.

These PATs can help you in many ways;

- Decreasing brain’s sensitivity to pain
- Improves motivation and understanding of self-care
- Encouraging healing & recovery
- Lifts your mood and optimism
- Give yourself a PAT on the back with positive thought!



Your Mind Action Plan: There are 3 components to your action plan: Healthy HABITS, daily PAUSEs, and CALMING practice. Each one is important in both paying attention to your thoughts and attitudes, which can improve your pain. Let’s review each one.



1) HABITs mean H-healthy, A-Actions B-Bring I-Improvement & T-Transformation.

You need to take dedicated time each day to work on enhancing protective habits to decrease risk factors to relieve and prevent pain. Your Mind HABITs should include 5 strategies to boost your PATs each day;

- Positive goal setting that are realistic with baby steps
- Plan for success by creating your future. You can do it
- Read & learn more about yourself and the world around you
- Recognize and cultivate your strengths and use them in your daily activities
- Recognize and understand your weaknesses and work on improving them



2) PAUSEs means P-pause, A-assess, U-understand, S-Start new, & E-enjoy the moment.

Taking PAUSEs means taking a brief time-out for a few seconds to check-in to notice your thoughts and attitudes right now in a non-judgmental way. A mind PAUSE can review your how your thoughts impact your daily activities and mood. This is essential to living a life in the present and being mindful of how optimism, confidence and being realistic can help you relieve pain and enhance your health and well-being.



3) CALM means C-Calming, A-Actions, L-Lift, M-Mind.

CALMING practice means spending a few minutes practicing a relaxation meditative exercise with deep breathing to calm the mind and shift from negative thoughts to optimistic thoughts. The benefits to calming include focusing the mind, relaxing the muscles and nerves, reflecting about your life, and contemplating on how you can have health and well-being in each realm.

