



Your Social Action Plan



PACT

The Threat: FRAIL is F-Feeling R-Rejected A-Alone I-Isolated & L-Lonely

Feeling rejected, isolated, and lonely are THREATS that can increase pain & interfere with recovery. Being FRAIL may increase muscle tension and strain, increase pain sensitivity, and interfere with recovery. FRAIL can include;

- Loneliness and isolation
- Negative non-supportive relationships
- Recovery barriers including disability, secondary gain and tertiary gain
- Work stress with disability, conflicts and lack of balance
- Rejection, conflict and abuse from others close to you
- Avoid the insecurity and discomfort from being FRAIL!



The Solution: BLISS is B-Being L-Loved In S-Social S-Settings

BLISS can help you in many ways;

- Feel the support from love and belonging to social groups
- Receive social support from family, friends, and work colleagues
- Maintain home, recreation, and work balance and well-being
- Help with overcoming social stressors and abuse
- Enjoy the security and comfort of BLISS!



Your Social Action Plan: For each realm, 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 social life and social support, which can improve your recovery and pain. Let's review each one.



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

Healthy HABITS mean taking dedicated time each day to work on your relationships at home and work to relieve and prevent pain. Your social HABITS should include several strategies to boost your BLISS each day;

- Belong to and support your social group. Avoid being a loner.
- Help others at home, work, and community to create positive relationships
- Receive help and support when it is offered
- Evaluate and work on improving your relationships at work and home
- Listen and be sincere, caring and loving in maintaining positive relationships



2) PAUSE: P-Pause to 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 and notice your relationships that you experience right now in a non-judgmental way. A social PAUSE can help you understand how important your relationships are in daily activities to support your recovery from pain and illness. This is essential to living your life in the present and being mindful of how positive relationships can help you maintain your health and well-being.



3) CALM: C-Calming A-Actions L-Lift the M-Mind.

CALMING practice means spending a few minutes practicing a relaxation meditative exercise with deep breathing to boost your sense of love and belonging. Shift from being insecure, uneasy or uncomfortable with others to feeling secure, loved, and happy in belonging to your social group and maintaining positive supportive relationships. The benefits to calming include enhancing positive relationships, reducing brain sensitivity to pain, relaxing the muscles and nerves, and seeing how having positive relationships can lead to improved health and well-being.

