



Your Emotions Action Plan Guide



PACT

The Threat: NETs are Negative Emotions & Thoughts

Negative emotions are THREATs can increase pain & interfere with recovery. Like GNATs, these NETs may increase muscle tension and strain, increase pain sensitivity, and interfere with recovery. NETs is a threat that can include;

- Depression & sadness
- Anger & frustration
- Anxiety & fear
- Guilt & shame
- Don't let NETs trap you!



The Solution: PETs are P-Positive E-Emotions & T-Thoughts.

These PETs can help you in many ways;

- Decreases brain's sensitivity to pain
- Improves motivation and understanding of self-care
- Encouraging healing & recovery
- Lifts your mood, generates optimism, and creates positive behaviors
- PETs feel good!



Your Emotions 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 emotions and moods, which can improve your pain. Let's review each one.



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

Healthy HABITs mean spending time dedicated time each day to work on enhancing protective activities and decreasing risk factors in order to relieve and prevent pain. Your emotional HABITs should include several strategies to boost your PETs each day;

- Creative activities that engage you can improve your mood
- Discover joyful fun activities to help lift depression
- Find inner peace with calming practice to calm anxiety & fears
- Find kindness and forgiveness to quell anger and frustration
- Recognize that accepting imperfections can displace guilt and shame



2) PAUSE: 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 emotions and mood right now in a non-judgmental way. An emotional PAUSE can help you understand your emotions and how they develop and impact your daily activities. The PAUSE can lead to changing them if desired. Living your life in the present and being mindful of your emotions can help you relieve pain and enhance 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 calm negative emotional reactions and shift from negative emotions such as anxiety, anger, depression, or guilt to the positive including calm, forgiveness, joy, and acceptance. The emotional benefits to calming include creating positive emotions, reducing brain sensitivity to pain, relaxing the muscles and nerves, and gaining insight on how positive emotions can lead to improved health and well-being in each realm.

