

Activity Tracking Diary

The purpose of the Activity/Pain Diary is to help you obtain a better sense of your pain patterns, activity levels, use of pacing, and so on. Please complete this diary for 4 days in a row and bring it back to your next session. Please aim to make at least 5-6 entries per day. It's best to do the scoring of your symptoms as close to the actual time as possible as this will ensure more accurate ratings.

Below is a legend and an example to show you how to complete the diary:

Activity: Write a brief description of the activity you engaged in (e.g., showering, eating breakfast, riding the bus). Note: you may have more than one activity in each time slot.

How long? : Indicate the length of time you completed the activity for (e.g., 20 minutes).

Symptoms: Note what symptoms you experienced with the activity.

Symptom Level: Note your level of pain (0 = no pain to 10 = worst pain ever).

Coping strategies: Note any strategies you employed to help deal with the symptoms

Additional Comments: Add anything else you think might be helpful, what seemed to work and what didn't seem to help

	Activity	How long?	Pain Symptoms	Symptom Level (0 to 10)	Coping strategy
Start of day	Shower Dress Prepared Breakfast	5 min 15 min 20 min			
Morning	TTC Attended group	30 min 2 hours			
Lunch	TTC Ate lunch	30 min 20 min			

....

Activity Tracking Diary

Name: _____ Day 1: _____

	Activity	How long?	Pain & Mood Symptoms	Symptom Level (0 to 10)	Coping strategy
Start of day					
Morning					
Lunch					
Afternoon					
Dinner					
Evening					
Night					

Activity Tracking Diary

Name: _____ Day 2: _____

	Activity	How long?	Pain & Mood Symptoms	Symptom Level (0 to 10)	Coping strategy
Start of day					
Morning					
Lunch					
Afternoon					
Dinner					
Evening					
Night					

Activity Tracking Diary

Name: _____ Day 3: _____

	Activity	How long?	Pain & Mood Symptoms	Symptom Level (0 to 10)	Coping strategy
Start of day					
Morning					
Lunch					
Afternoon					
Dinner					
Evening					
Night					

Activity Tracking Diary

Name: _____ Day 4: _____

	Activity	How long?	Pain & Mood Symptoms	Symptom Level (0 to 10)	Coping strategy
Start of day					
Morning					
Lunch					
Afternoon					
Dinner					
Evening					
Night					

The Big Rocks of Life

Dr. Stephen R. Covey,
First Things first

One day this expert was speaking to a group of business students and, to drive home a point, used an illustration I'm sure those students will never forget. After I share it with you, you'll never forget it either.

As this man stood in front of the group of high-powered overachievers he said, "Okay, time for a quiz." Then he pulled out a one-gallon, wide-mouthed mason jar and set it on a table in front of him. Then he produced about a dozen fist-sized rocks and carefully placed them, one at a time, into the jar.

When the jar was filled to the top and no more rocks would fit inside, he asked, "Is this jar full?" Everyone in the class said, "Yes." Then he said, "Really?" He reached under the table and pulled out a bucket of gravel. Then he dumped some gravel in and shook the jar causing pieces of gravel to work themselves down into the spaces between the big rocks.

Then he smiled and asked the group once more, "Is the jar full?" By this time the class was onto him. "Probably not," one of them answered. "Good!" he replied. And he reached under the table and brought out a bucket of sand. He started dumping the sand in and it went into all the spaces left between the rocks and the gravel. Once more he asked the question, "Is this jar full?"

"No!" the class shouted. Once again he said, "Good!" Then he grabbed a pitcher of water and began to pour it in until the jar was filled to the brim. Then he looked up at the class and asked, "What is the point of this illustration?"

One eager beaver raised his hand and said, "The point is, no matter how full your schedule is, if you try really hard, you can always fit some more things into it!"

"No," the speaker replied, "that's not the point. The truth this illustration teaches us is: If you don't put the big rocks in first, you'll never get them in at all."

What are the big rocks in your life? A project that you want to accomplish? Time with your loved ones? Your faith, your education, your finances? A cause? Teaching or mentoring others? Remember to put these Big Rocks in first or you'll never get them in at all.

Values Checklist

Below are some common values. (They are not ‘the right ones’; merely common ones.) Please read through the list and write a letter next to each value, based on how important it is to you: V = very important, S = somewhat important, and N = not important.

Acceptance/self-acceptance	To be accepting of myself, others, life, etc.
Adventure	To be adventurous; to actively explore novel or stimulating experiences
Assertiveness	To respectfully stand up for my rights and request what I want
Authenticity	To be authentic, genuine, and real; to be true to myself
Balance	To have mental and emotional steadiness
Beauty	To have the qualities of a person or a thing that give pleasure to the senses
Caring/self-care	To be caring toward myself, others, the environment, etc.
Compassion/self-compassion	To act kindly toward myself and others in pain
Connection	To engage fully in whatever I’m doing and be fully present with others
Contribution and generosity	To contribute, give, help, assist, or share
Cooperation	To be cooperative and collaborative with others
Courage	To be courageous or brave; to persist in the face of fear, threat, or difficulty
Creativity	To be creative or innovative
Comfort	To feel ease, strength, and hope
Curiosity	To be curious, open-minded, and interested; to explore and discover
Discipline	To have orderly or regimented conduct or pattern of behavior
Diversity	To be open to differing or variable elements or qualities
Effort	To produce something through exertion or trying
Encouragement	To encourage and reward behavior that I value in myself or others
Excitement	To seek, create, and engage in activities that are exciting or stimulating
Fairness and justice	To be fair and just to myself or others
Family and friends	To have caring, meaningful relationships with others
Fitness	To maintain or improve or look after my physical and mental health
Flexibility	To adjust and adapt readily to changing circumstances
Freedom and independence	To choose how I live and help others do likewise
Friendliness	To be friendly, companionable, or agreeable toward others
Forgiveness/self-forgiveness	To be forgiving toward myself or others
Fun and humor	To be fun loving; to seek, create, and engage in fun-filled activities
Gratitude	To be grateful for and appreciative of myself, others, and life
Health	To be in a state of thriving or doing well
Honesty	To be honest, truthful, and sincere with myself and others

Imagination	To use the mind to form new ideas and images
Industry	To be industrious, hardworking, and dedicated
Intimacy	To open up, reveal, and share myself, emotionally or physically
Kindness	To be kind, considerate, nurturing, or caring toward myself or others
Learning	To acquire knowledge or skill by instruction or study
Love	To act lovingly or affectionately toward myself or others
Loyalty	To be faithful toward another person, cause, ideal, or custom
Mindfulness	To be open to, engaged in and curious about the present moment
Nurturance	To provide affectionate care and attention
Order	To be orderly and organized
Patience	To go through difficulty or strain calmly and without haste
Peace	To be in a state of tranquility or quiet
Persistence and commitment	To continue resolutely, despite problems or difficulties.
Play	To enjoy exercise or activity for amusement
Productivity	To be effective in bringing about results
Respect/self-respect	To treat myself and others with care and consideration
Responsibility	To be responsible and accountable for my actions
Risk	To have a possibility of loss, injury, or hazard
Safety and security	To secure, protect, or ensure my own safety or that of others
Sensuality and pleasure	To create or enjoy pleasurable and sensual experiences
Sexuality	To explore or express my sexuality
Simplicity	To enjoy a state of being simple or uncomplicated
Skillfulness	To continually practice and improve my skills and apply myself fully
Spirituality	To have a deep sense of belonging and connectedness relating to something bigger than oneself
Spontaneity	To do or say things freely and naturally
Stability	To be steady in purpose and not easily changed
Supportiveness	To be supportive, helpful and available to myself or others
Trust	To be trustworthy; to be loyal, faithful, sincere, and reliable
Wisdom	To be able to see beneath the surface of things
Other	

Top Five Values

List the values that are most important to you.

- 1.
- 2.
- 3.
- 4.
- 5.

Activity and Values Log

Time of day	Activity	Related Value(s)
<i>Example: 8:00</i>	<i>Made and ate breakfast</i>	<i>Health</i>
Before 7 a.m.		
7:00 a.m.		
8:00 a.m.		
9:00 a.m.		
10:00 a.m.		
11:00 a.m.		
12:00 p.m.		
1:00 p.m.		
2:00 p.m.		
3:00 p.m.		
4:00 p.m.		
5:00 p.m.		
6:00 p.m.		
7:00 p.m.		
8:00 p.m.		
9:00 p.m.		
10:00 p.m.		
Later than 10 p.m.		

SMART Goal Action Plan

SPECIFIC

I want to:

What I am going to do: (be specific)

How am I going to do it?

Where I will do this:

When I will do this:

MEASURABLE

How I will measure this to see my progress: (amount, # minutes, # days per week):

ATTAINABLE

The first 3 actions I will take to achieve this goal are (be specific):

1.

2.

3.

Here is how I will cope with challenges while working on this goal:

Challenges—List 3	Solutions

RELEVANT

How **confident** am I that I will be able to accomplish this goal?

Not sure Somewhat sure Extremely sure
 0 1 2 3 4 5 6 7 8 9 10

How **important** is this goal to me?

Not important Somewhat important Very important
 0 1 2 3 4 5 6 7 8 9 10

The values related to my goal are (why this goal is important to me):

TIME-BOUND

I will take the first step on this date:

I will check my progress on this date:

EXAMPLE OF A SMART GOAL ACTION PLAN

SPECIFIC

I want to: *improve my walking*

What I am going to do (be specific): *I am going to walk, standing upright with good posture.*

How am I going to do it? *With my friends, do some stretching exercises to warm up and prepare*

Where I will do this: *Around my neighbourhood*

When I will do this: *Saturdays – every week in the afternoon at 3 pm*

MEASURABLE

How I will measure this to see my progress: (amount, # minutes, # days per week):

5 minutes at a time (starting point) – add 10% per week

<i>Week 1: 5 minutes</i>	<i>Week 5: 7.25 minutes</i>	<i>Week 9: 10.5 minutes</i>	<i>Week 13: 15.25 minutes</i>
<i>Week 2: 5.5 minutes</i>	<i>Week 6: 8 minutes</i>	<i>Week 10: 11.5 minutes</i>	<i>Week 14: 16.75 minutes</i>
<i>Week 3: 6 minutes</i>	<i>Week 7: 8.75 minutes</i>	<i>Week 11: 12.75 minutes</i>	<i>Week 15: 18.5 minutes</i>
<i>Week 4: 6.5 minutes</i>	<i>Week 8: 9.5 minutes</i>	<i>Week 12: 14 minutes</i>	<i>Week 16: 20 minutes</i>

I will know I have achieved my goal when: *I can walk for 20 minutes.*

ATTAINABLE

The first 3 actions I will take to achieve this goal are (be specific):

- 1. Pick a day to be the starting day*
- 2. Take a book so I can read and have a coffee at the end of my block (5 minutes' walk)*
- 3. Call a friend to join me*

Here is how I will cope with challenges while working on this goal:

Challenges	Solutions
<i>1. Family obligations – people needing me for things.</i>	<ul style="list-style-type: none"> <i>• Learn different ways of saying “no”, e.g., say “I’m committed”</i> <i>• Remind myself that taking care of myself helps my family as well</i> <i>• Share my goal ahead of time so they know it’s important to me</i> <i>• Put it in my calendar and don’t schedule over it</i>
<i>2. Sticking to the time for myself</i>	<ul style="list-style-type: none"> <i>• Remembering it’s a priority</i> <i>• Look at my list of values</i>
<i>3. Pain</i>	<ul style="list-style-type: none"> <i>• Remember that my medication is not addictive, and take it as prescribed.</i> <i>• Keep doing my stretches and deep breathing</i> <i>• Take more frequent breaks during the walk</i>

RELEVANT

How **confident** am I that I will be able to accomplish this goal?

Not sure					Somewhat sure					Extremely sure
0	1	2	3	4	5	6	7	8	9	10

How **important** is this goal to me?

Not important					Somewhat important					Very important
0	1	2	3	4	5	6	7	8	9	10

The values related to my goal are (why this goal is important to me):

- 1) *To be able to travel,*
- 2) *To be able to keep up with friends and be social,*
- 3) *To have fun*

TIME-BOUND

I will take the first step on this date: *Monday, November 5th*

I will check my progress on this date: *Monday, Nov. 19th. I will check my progress every 2 weeks.*

Strategies for Pacing With Chronic (Persistent) Pain

1. Use short periods for activities: Using short activity periods as well as limiting your overall activity level will help to prevent flares. For example; two short periods of work with a break in the middle can be more productive and leave you feeling more energetic than completing a task in one period.

The same principle can be used for activities over a longer period of time. You may find it better to spread activities throughout the week rather than try to complete them in one or two days.

2. Activity Shifting: Activity shifting involves changing or shifting between physical, mental and social activities frequently. For example if you are feeling tired or confused after working on the computer for a while, you might stop and call a friend or do something physical like taking a walk or preparing a meal. Another way for shifting activity is to divide your tasks into light, medium and heavy and switch activities frequently scheduling only a few heavy tasks each day.

3. Adding Activities: It is easy to add one more task to your day which often results in more symptoms. The solution is to think of subtraction rather than addition. If you really need to add a new task in your day, you need to defer another.

4. Time of Day: Many people with pain find that certain times during the day are consistently better or worse. For some the morning may be when they have the most energy. Others may find the morning challenging and perk up later in the day.

It is likely that you can achieve more with less adverse effects if you organize your day to use your best hours for the most important or demanding tasks. Some people with pain have an increased sensitivity to sensory information such as light and sound and find their concentration is affected by too much sensory in-put. It may be possible to get more done and experience a lower level of symptoms if you focus on one thing and simplify your environment. Try to limit exposure to large groups, read in a quiet place, and shop or go to restaurants during quieter times.



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5. Using Devices: There are devices that can help you pace your activities such as pedometers or heart rate monitors. Pedometers can help you measure the distance or number of steps you have achieved during your activity/day. Heart rate monitors help you keep your energy levels within a targeted range.

6. Pleasurable Activities: living with a chronic condition often means ongoing discomfort and frustration. Pleasurable activities can reduce stress, frustration, and distract you from your symptoms. Plan to schedule some time each day to devote to enjoyable activities can help you accept your limits.

Mental Adjustments: Pacing involves adopting new habits and it also requires making mental adjustments based on accepting that life has changes. This knowledge leads to a different relationship with your body. One part of this shift is changing expectations to support your efforts to live well within your limits without frustration.

7. Daily and Weekly Schedules: The goal of pacing is to move toward consistency, scheduling similar amounts of activity every day. Beginning with planning a daily schedule and moving toward a weekly schedule can help you achieve the desired results.

Activity and Rest Diary

Use this diary to track your activities for a typical day and your pain score to learn more about how your activities affect your pain. Think about opportunities to change your activity to manage your pain. (Adapted from Living a Healthy Life With Chronic Pain)

TIME	Activity/ Rest Periods	Time Spent on Activity	Pain Level 0=no pain 10= extreme pain
7 A.M			
8 A.M.			
9 A.M.			
10 A.M			
11 A.M.			
12 A.M.			
1 P.M.			
2 P.M.			



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TIME	Activity/ Rest Periods	Time Spent on Activity	Pain Level 0=no pain 10= extreme pain
3 P.M.			
4 P.M.			
5 P.M.			
6 P.M.			
7 P.M.			
8 P.M.			
9 P.M.			
10 P.M.			
Notes:			

Activity Adaptation Worksheet

Tips for adapting activities:

- Work smarter, not harder
- Making changes to HOW you do something so you can continue to do it
- People tend to want to keep doing activities the same way as they always have
- Changing your habits can help you to keep doing your meaningful activities
- Pacing and adapting activities should INCREASE your activity level, not decrease it
- Identify barriers that may stop you from doing the activities that you want and/or need to do, and coming up with possible strategies to overcome these barriers

Analyze your difficult activities

Think of an activity that takes you some time (20 minutes or longer) to complete and is likely to cause fatigue or stress. Use this activity to fill out the table below:

My activity:

Strategy	How can I use it in my activity?
Prioritize: Do the most important activities first <ul style="list-style-type: none"> - So that if you get tired, you can take a break and postpone the less important tasks 	
Eliminate: Cut out what you don't need in terms of activities or part of activities	
Delegate: Give the activity or parts of it to someone else <ul style="list-style-type: none"> - Could delegate tasks that are not that important to you, and keep the important and/or meaningful ones - Share tasks with others - Trade tasks with someone 	



<p><i>Break it up:</i> Break activities into smaller ones</p>	
<p><i>Organize your environment:</i> Reduce clutter by keeping items used often in easy to find places</p> <ul style="list-style-type: none"> - This saves you the energy of trying to find them when you need them 	
<p><i>Plan ahead:</i> Use a schedule to plan your days, weeks, months</p> <ul style="list-style-type: none"> - Spread out appointments and chores throughout the week (if possible) - Be flexible when it comes to your schedule (you may need to take a break, and that's ok) - Plan to do your most demanding activities during times of the day when you know you are likely to have the most energy 	
<p><i>Use tools and devices:</i> Use equipment and technology when you can</p> <ul style="list-style-type: none"> - Tools can help cut down on the stress on your body throughout the day so you can do more! - Home healthcare stores, hardware stores, and kitchen supply stores have many innovative options 	

<p>Pacing: Slow down the pace you complete activities in</p> <ul style="list-style-type: none"> - Take frequent breaks instead of working until pain or fatigue stops you - Try to take a break before you feel the need to. Use a timer or a watch to remind you - Breathing can help when pain, fatigue, or strong emotions come up in the moment 	
<p>Rewards: Celebrate finishing tasks, even if they seem very small</p> <ul style="list-style-type: none"> - Reward yourself with anything you like: a break, a mental “pat on the back”, having a small snack 	

Smart Body Mechanics

Small changes in how you move and use your body can make a big difference in the amount of energy you have throughout the day

- Use your largest muscles when lifting/carrying
 - Use your leg muscles to bend instead of your back muscles
 - Carry bags on your arm instead of in your hand to decrease pressure on small joints
- Get close to your work
 - Use a book stand to minimize bending your neck
 - Use a chair or stool when working in the kitchen for long periods
 - When lifting heavy objects, make sure the object is close to your body
- Maintain a wide base of support
 - Use supportive footwear
 - Keep your legs wide when standing to increase stability
- Use the least amount of effort to complete tasks
 - Carry groceries in a luggage cart
 - Buy clothes that don't need ironing
 - Alternate high-energy tasks with low-energy tasks (work 50 minutes, rest 10 minutes)
- Stretch and change positions frequently (every 10-15 minutes)



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SMART Goal Action Plan

SPECIFIC

I want to:

What I am going to do: (be specific)

How am I going to do it?

Where I will do this:

When I will do this:

MEASURABLE

How I will measure this to see my progress: (amount, # minutes, # days per week):

ATTAINABLE

The first 3 actions I will take to achieve this goal are (be specific):

1.

2.

3.

Here is how I will cope with challenges while working on this goal:

Challenges—List 3	Solutions

RELEVANT

How **confident** am I that I will be able to accomplish this goal?

Not sure
Extremely sure

Somewhat sure

0 1 2 3 4 5 6 7 8 9 10

How **important** is this goal to me?

Not important
important

Somewhat important

Very

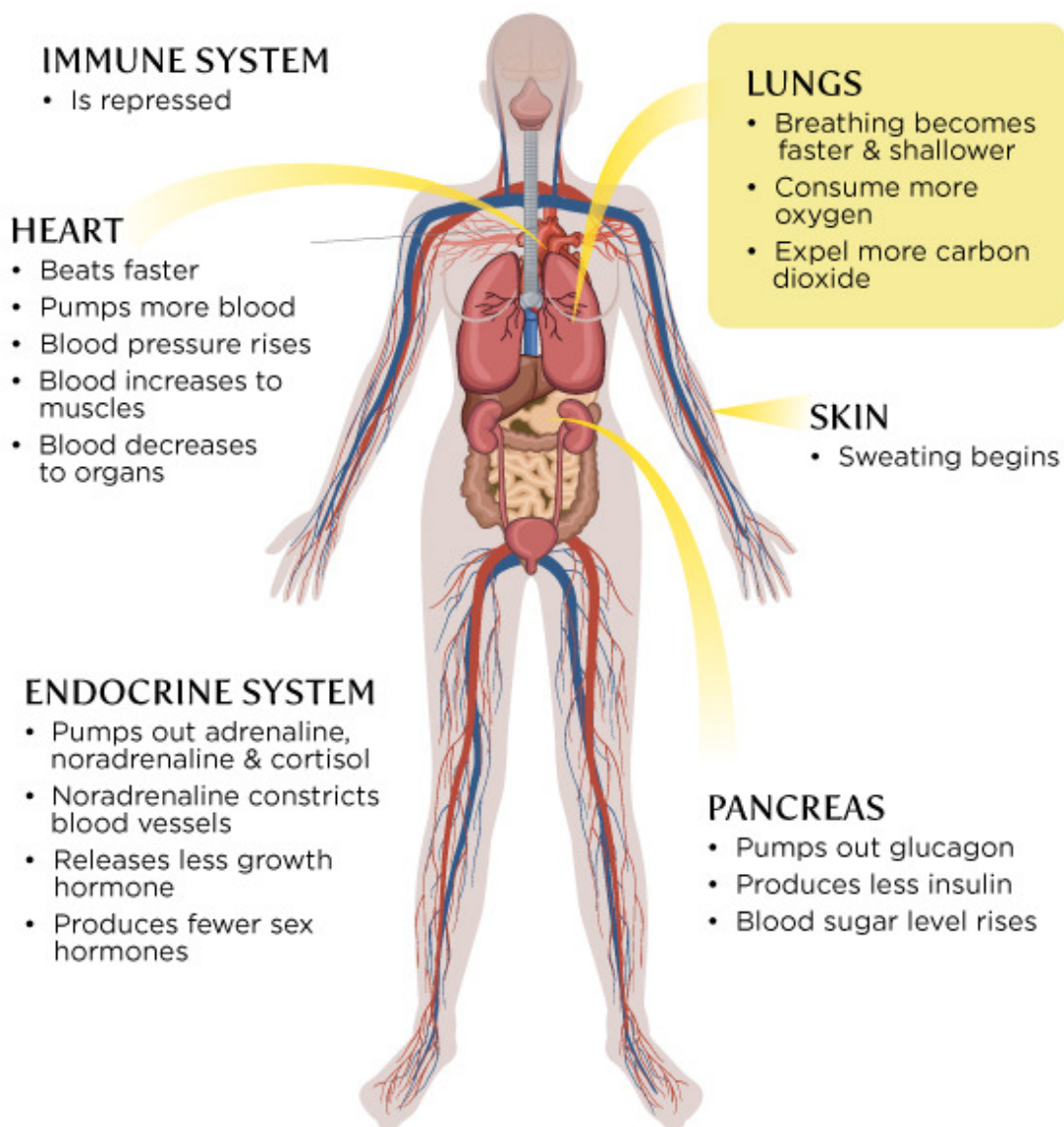
0 1 2 3 4 5 6 7 8 9 10

The values related to my goal are (why this goal is important to me):

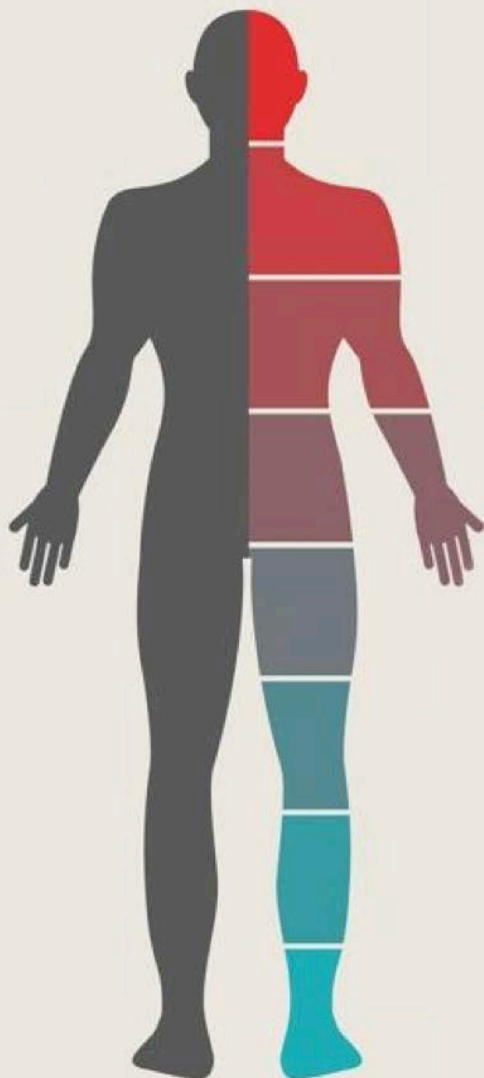
TIME-BOUND

I will take the first step on this date:

I will check my progress on this date:



The effects of stress on the body



Mood issues including anger, depression, irritability. Lack of energy, concentration problems, sleeping issues, headaches. Mental issues including anxiety disorders and panic attacks.



Increased blood pressure, increased heart rate, higher cholesterol and risk of heart attack



In the immune system, there is reduced ability to fight and recover from illness



Stomach cramps, reflux, and nausea



Loss of libido, lower sperm production for men, and increased period pain for women



Aches and pains in the joint and muscles



Lower bone density



Think of a recent pain flare: _____

Who: *Who were you with?*

Before the flare	When the flare happened
------------------	-------------------------

What: *What were you doing (movement, sleeping, eating, working/school)?*

Before the flare	When the flare happened
------------------	-------------------------

Where: *Where were you and what was the environment like (home, outside, heat, rain, cold)?*

Before the flare	When the flare happened
------------------	-------------------------

When: *When did the flare happen?* Morning, afternoon, evening, night

Based on your answers above identify possible triggers and management strategies for your pain

Triggers	How did I manage?	How effective was the management strategy?	What am I going to try next time? (Do the same or try something new, describe)
		1- Not at all Effective 2- Slightly Effective 3- Moderately Effective 4- Very Effective 5- Extremely effective	
		1- Not at all Effective 2- Slightly Effective 3- Moderately Effective 4- Very Effective 5- Extremely effective	
		1- Not at all Effective 2- Slightly Effective 3- Moderately Effective 4- Very Effective 5- Extremely effective	

Top strategies for managing stress

1. Find outlets for frustration

Having ways to deal with frustration can lead to a smaller stress response. Outlets can be a distraction from the stressor, or can change body chemistry to turn off the stress reaction and turn on the rest and digest reaction. An outlet for frustration should be something positive, and should not be harmful to those around you.

☐ Breathing

- It only takes 3 minutes to turn off the stress reaction and turn on the relaxation reaction with deep breathing!
- Deep breathing sends a powerful safety signal through the nervous system.
- Breathe into your belly and lower ribs, allowing the lungs to fill up completely
- Breathe out slowly, feeling the body relax

☐ Exercise

- Enhances mood and decreases the stress response for a few hours up to a day after the exercise session.
- Exercise provides the body with an outlet for which it was preparing (i.e. running from a lion). On a regular basis – the effects for stress reduction only last 24 hours.
- Reduces stress so long as it is something you WANT to do – if you feel forced it will not have the stress-reducing quality.

☐ Meditation

- Creates changes in brain tissues, especially in areas of memory and attention.
- Lowers muscle tension and glucocorticoid levels during the meditation itself.
- Try joining a class or using apps and CDs for guided meditations

☐ Relaxation

- Can be informal, like taking a bath, journaling, or listening to music
- Can be formal, like progressive muscle relaxation or visual imagery

2. Gain social support

Research shows that when people experience a stress reaction with strangers, the reaction is larger and when with friends or other positive social support, the stress reaction is decreased. This effect is actually seen among all primates! When people have social support during a stressful event, the cardiovascular stress response and resting cortisol levels are lower.

- ☐ Spend time talking with people you trust and who support you.
- ☐ Give support to others – kindness to others is a protective way to feel a sense of control as well as social support and connectedness.

3. Create predictability and routine where possible

Predictability makes stressors less stressful. For example, think about being in the subway and suddenly it stops in the tunnel. If this happens every day, will it be more or less stressful? Probably less stressful, because it is expected and can be planned around, and less likely that there is an emergency. Even when a particular stressor isn't present, unpredictability of that stressor can trigger the stress reaction. Imagine being at the dentist and not knowing when the drilling is about to begin – just imagining this can cause a stress reaction!

- ☐ Create schedules and routines so the mental load of activities is lowered.
- ☐ Learn ways to budget.
- ☐ Seek support for stability in housing, finances, and work.
- ☐ Watch out for impulsive behaviour, like

4. Figure out where it is helpful for you to have control

Just knowing or feeling like you are in control can help to lower stress. Think back to the definition of stress earlier in this module: stress happens when there is a mismatch between the demands of a situation and perception of coping skills. When there is high demand and low control, stress can increase.

However, if people think they have control over a stressor that is not really in their control, they may blame themselves for not controlling the stressor. In these cases, it is not always helpful to have control – if there is not much you can do about something, thinking you are in control can lead to self-blame (for example, thinking, “I should just try harder.”) Be aware of trying to have control over events in the past (where things have already happened and are beyond your control).

- ☐ Create realistic SMART goals
- ☐ Learn how to be aware of your feelings
- ☐ Finally, practicing these strategies can help you to learn when a particular strategy will be useful, and to choose the right stress management strategy at the right time. Being flexible about your stress management strategies can help you to have more options.

Sapolsky, a stress researcher wrote, “When faced with the large wall of a stressor, it is great if there emerges one singular solution that makes the wall crumble. But often, a solution instead will be a series of footholds of control, each one small but still capable of giving support, that will allow you to scale the wall.” (2004, p. 416)

Managing Stress Worksheet

1. Identify a stressor you are faced with at present?

2. What are your personal “warning signs” that you are feeling stressed?

Physical:

Moods:

Thoughts:

Behaviours:

3. What are things you can do to better manage the stress?

- ☐ Relaxation exercises (e.g., deep breathing, progressive muscle relaxation, guided imagery)
- ☐ Identify and examine negative automatic thoughts. Try to build more balanced or realistic perspectives of situations.
- ☐ Speak to a trusted friend or family member
- ☐ Build in regular leisure time into your day. Include pleasant activities to your scheduled
- ☐ Consider additional skills to manage life stressors (e.g., problem-solving skills, assertiveness skills, time management).
- ☐ Use humor to lighten the situation
- ☐ Other: _____

Write specifics of how you will apply these skills over the week (e.g., who will you speak to? What leisure activities will you build in? What thoughts would you like to challenge?)



4. What are lifestyle changes you might be able to make to reduce stress?

- ☐ Eat a balanced diet
- ☐ Exercise regularly
- ☐ Reduce consumption of caffeine (e.g., coffee, tea, soda, chocolate)
- ☐ Build a healthy sleep schedule
- ☐ Other: _____

Write specific lifestyles changes you hope to work on (e.g., reducing coffee consumption, getting to bed an hour earlier)

5. Evaluate - After implementing stress management skills and/or lifestyle changes make sure to evaluate how effective they have been. What impact did they have? Did you have a different outcome than usual? What is working/what is not working? What changes might you make in the future?

SMART Goal Action Plan

SPECIFIC

I want to:

What I am going to do: (be specific)

How am I going to do it?

Where I will do this:

When I will do this:

MEASURABLE

How I will measure this to see my progress: (amount, # minutes, # days per week):

ATTAINABLE

The first 3 actions I will take to achieve this goal are (be specific):

1.

2.

3.



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Here is how I will cope with challenges while working on this goal:

Challenges—List 3	Solutions

RELEVANT

How **confident** am I that I will be able to accomplish this goal?

Not sure
Extremely sure

Somewhat sure

0 1 2 3 4 5 6 7 8 9 10

How **important** is this goal to me?

Not important
important

Somewhat important

Very

0 1 2 3 4 5 6 7 8 9 10

The values related to my goal are (why this goal is important to me):

TIME-BOUND

I will take the first step on this date:

I will check my progress on this date:

Healthy Sleep Tips

Healthy sleep habits can make a big difference in your quality of life. Having healthy sleep habits is often referred to as having good “sleep hygiene.”

Try to keep the following sleep practices on a consistent basis:

1. **Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends.** This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.
2. **Practice a relaxing bedtime ritual.** A relaxing, routine activity right before bedtime conducted away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety which can make it more difficult to fall asleep, get sound and deep sleep or remain asleep.
3. **If you have trouble sleeping, avoid naps, especially in the afternoon.** Power napping may help you get through the day, but if you find that you can't fall asleep at bedtime, eliminating even short catnaps may help.
4. **Exercise daily.** Vigorous exercise is best, but even light exercise is better than no activity. Exercise at any time of day, but not at the expense of your sleep.
5. **Evaluate your room.** Design your sleep environment to establish the conditions you need for sleep. Your bedroom should be cool – between 60 and 67 degrees. Your bedroom should also be free from any noise that can disturb your sleep. Finally, your bedroom should be free from any light. Check your room for noises or other distractions. This includes a bed partner's sleep disruptions such as snoring. Consider using blackout curtains, eye shades, ear plugs, "white noise" machines, humidifiers, fans and other devices.
6. **Sleep on a comfortable mattress and pillows.** Make sure your mattress is comfortable and supportive. The one you have been using for years may have exceeded its life expectancy – about 9 or 10 years for most good quality mattresses. Have comfortable pillows and make the room attractive and inviting for sleep but also free of allergens that might affect you and objects that might cause you to slip or fall if you have to get up during the night.
7. **Use bright light to help manage your circadian rhythms.** Avoid bright light in the evening and expose yourself to sunlight in the morning. This will keep your circadian rhythms in check.
8. **Avoid alcohol, cigarettes, and heavy meals in the evening.** Alcohol, cigarettes and caffeine can disrupt sleep. Eating big or spicy meals can cause discomfort from indigestion that can make it hard to sleep. If you can, avoid eating large meals for two to three hours before bedtime. Try a light snack 45 minutes before bed if you're still hungry.

9. **Wind down.** Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading. For some people, using an electronic device such as a laptop can make it hard to fall asleep, because the particular type of light emanating from the screens of these devices is activating to the brain. If you have trouble sleeping, avoid electronics before bed or in the middle of the night.
10. **If you can't sleep, go into another room and do something relaxing until you feel tired.** It is best to take work materials, computers and televisions out of the sleeping environment. Use your bed only for sleep and sex to strengthen the association between bed and sleep. If you associate a particular activity or item with anxiety about sleeping, omit it from your bedtime routine.

If you're still having trouble sleeping, don't hesitate to speak with your doctor or to find a sleep professional. You may also benefit from recording your sleep in a Sleep Diary to help you better evaluate common patterns or issues you may see with your sleep or sleeping habits.

<http://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips>

SMART Goal Action Plan

SPECIFIC

I want to:

What I am going to do: (be specific)

How am I going to do it?

Where I will do this:

When I will do this:

MEASURABLE

How I will measure this to see my progress: (amount, # minutes, # days per week):

ATTAINABLE

The first 3 actions I will take to achieve this goal are (be specific):

1.

2.

3.

Beliefs and Communication

Sometimes we hold unhelpful beliefs and assumptions about ourselves, other people and the world that can make it difficult for us to be assertive. Identifying your unhelpful beliefs is the first step towards changing them.

Check off any of the following beliefs that you hold.

Unhelpful Beliefs about Saying “No”

- ☐ Saying “no” is rude and aggressive.
- ☐ Saying “no” is unkind, uncaring and selfish.
- ☐ Saying “no” will hurt and upset others and make them feel rejected.
- ☐ If I say “no” to somebody they won’t like me anymore.
- ☐ Other’s needs are more important than mine.
- ☐ I should always try and please others and be helpful.
- ☐ Saying “no” over little things is small minded and petty.

Unhelpful Beliefs about Criticism

- ☐ If I am criticised it means I am stupid.
- ☐ They criticised me, they mustn’t like me anymore.
- ☐ They are right, I did get it wrong, I can’t do anything right. I’m a failure.
- ☐ I can’t criticise them because then they won’t like me.
- ☐ How dare they tell me I’ve done something wrong. They have no right.
- ☐ They’re an idiot anyway. I’m not going to listen to them.
- ☐ If I criticize myself more and make it a joke then no-one will know I am hurt

Changing your Thinking: More Helpful Beliefs

The unhelpful thoughts above are not facts. They are just thoughts or opinions that we have learned. Each of them can be replaced by a more helpful thought or opinion about saying “no” or about dealing with criticism.

Below are some ideas:

- Other people have the right to ask and I have the right to refuse.
- When you say “no” you are refusing a request, not rejecting a person.
- When we say “yes” to one thing we are actually saying “no” to something else. We always have a choice and we are constantly making choices.
- People who have difficulty saying no usually overestimate the difficulty that the other person will have in accepting the refusal. We are not trusting that they can cope with hearing “no”. By expressing our feelings openly and honestly, it actually liberates the other person to express their feelings. By saying “no” to somebody it allows them to say “no” to your requests while still being able to ask for further requests.
- If there is something wrong with what I’ve done it doesn’t mean anything about me as a person. I need to separate the behaviour from me.
- What can I learn from this criticism? Most criticism is probably based, at least in part, on some truths. Criticism may appear negative. But, through criticism we have the opportunity to learn and improve from their suggestions. Always ask yourself “What can I learn?”
- I have the right to let someone know if their behaviour has hurt, irritated or upset me.
- Giving direct feedback can be loving and helpful.

Communication Challenges

Below is a list of common challenges with communication. Check off any that apply to you.

- ☐ Talking with particular people, such as doctors, therapists, family, friends, or authority figures
- ☐ Talking in groups
- ☐ Saying “no”
- ☐ Someone saying “no” to you
- ☐ Asking for help
- ☐ Expressing your opinion
- ☐ Receiving or giving criticism
- ☐ Expressing difficult feelings (e.g., anger, sadness, fear)
- ☐ Dealing with conflict or disagreements
- ☐ Apologizing
- ☐ Stating your needs
- ☐ Setting limits or boundaries
- ☐ Asking another person to change their behaviour

What communication challenges would you like to work on most?

1. _____

2. _____

Assertiveness Script Exercise

Use the following handout to generate assertive statements or requests. Once you have done so, practice delivering the statement with others.

1. Describe the problem (stick to the facts):

I noticed _____

2. Express your feelings about the situation:

I feel _____

3. Assert a need or draw a boundary. Be open to problem-solving together/compromising:

I would appreciate _____

4. Reinforce positives that will come out of change:

5. Re-evaluate. Check in date/time: _____

1. Describe the problem (stick to the facts):

I noticed _____

2. Express your feelings about the situation:

I feel _____

3. Assert a need or draw a boundary. Be open to problem-solving together/compromising:

I would appreciate _____

4. Reinforce positives that will come out of change:

5. Re-evaluate. Check in date/time: _____

Take PART

Use the strategy “take PART” to get the most from an appointment: Prepare, Ask, Repeat, Take action. Fill in the questions below to create a document you can take to appointments.

Prepare	
What are your diagnoses?	
How long have you had this pain?	
Where is the pain?	
How intense is your pain?	
How does the pain affect your life?	
What are the top 3 things you want to talk about at this appointment?	
Do you have a list of your current medications, supplements, and vitamins?	
Ask	
What questions do you have for your health care provider about diagnosis? Consider: What's wrong? Is there a known cause? What is the future outlook? What can be done to prevent worsening/manage?	
What questions do you have for your health care provider about tests? Consider: How will the results affect my treatment? What will happen if I'm not tested? How should I prepare for this test? What will happen during this test? How and when will I get the results?	

<p>What questions do you have for your health care provider about treatment? Consider: Are there any choices in treatment? What are the advantages and disadvantages of each option? What will happen if I am not treated?</p>	
<p>What questions do you have for your health care provider about follow up? Consider: Should I call or return for a follow up? If so, when? What should I be looking for in terms of my symptoms? What should I do if my symptoms occur?</p>	
Repeat	
<p>Do I have pen and paper to take notes? Do I have someone with me who can take notes? Can the health care provider write a short summary of the visit for me?</p>	
Take action	
<p>What should I do next? How will I implement the recommendations?</p>	

If you are not planning to or can't follow the provider's recommendations, let them know – they might have other suggestions

Maximising your thinking and memory abilities



About this handout

This handout is for anyone who is experiencing distractibility or slowed thinking in day-to-day life.

Focusing attention and avoiding distractions

We all have days when we struggle to focus and pay attention.

We might:

- Find it difficult to concentrate while reading, or listening to a conversation.
- Become easily distracted, or forget things because we are caught up doing something else, or worrying about something.
- Have trouble managing several tasks in the same period of time (e.g., when cooking, forgetting to start with the slowest-cooking thing first!).
- Find it takes a long time to get something done.

These difficulties become more frequent when we are distracted, stressed, tired or unwell, or when the task is particularly uninteresting. This is because our thinking processes may become slower and it is harder to keep many things in our mind at once. Many medical illnesses can also significantly slow thinking processes.

The following tips may help:

1 Follow a regular weekly routine to improve your focus and attention

- Try to establish a regular weekly routine, in which the same kinds of tasks are completed at the same time and day each week. This can help to free up your mental resources to focus on remembering new things and doing some new things.

2 Choose your best time of day to plan your activities

- Are you at your best in the morning or the evening? Try to schedule demanding tasks when your levels of energy and alertness are greatest.
- Don't try to do demanding activities if you are anxious, tired, hungry, unwell, or feeling upset or emotional.
- Plan your day so you can shop during 'off peak' hours.

Focusing attention and avoiding distractions

3 Focus on one task at a time

- If you are feeling overwhelmed with what needs to be done, it may help to break large tasks into a series of smaller achievable tasks.
- Set priorities to focus on important tasks and accept that non-essential tasks can be let go. It can help to make a 'to do' list, to help you plan the order in which you will do tasks.
- Take care of anything that is preoccupying you first. For instance, if there is something you want to share with a close friend or if you're worried about the extent of the mess in your kitchen, it is probably better to take care of these matters first.

4 Minimise distractions and avoid interruptions

- If you really need to focus on what is happening, avoid noisy places and interruptions (e.g., pick the quieter restaurant or café to meet up for lunch, and ask people not to phone you at that time).
- If you are at home, shut a door, or turn off the television or radio in the background. If necessary, use earplugs or turn off your phone ringer.

5 Use strategies to help with your difficulties

- **Take notes** in situations where it is difficult to keep everything in mind at once. For instance, it may be helpful to write down what your doctor says, or ask to be provided with a written summary.
- **Repeat information and clarify** it at the time you hear it. If it is important, try to write it down straight away.
- **Take a close family member or friend with you** to help you take in all the relevant information.

- **Only focus on the most relevant information.** For instance, you may wish to highlight the parts of this handout that you find most useful and ignore those that are less relevant.

6 Be aware of your limitations

- If your thinking is very slow, allow yourself plenty of time to complete tasks.
- To improve concentration it may be helpful to take breaks (e.g., every couple of hours). Have a cup of tea or coffee, a quick snack or go for a brisk walk.
- Try to avoid situations in which concentration or a rapid speed of response is important to maintain safety.

7 Carefully manage any anxiety you have

- Being panicky or anxious can worsen your ability to concentrate.
- Being aware of the times you are anxious can help you to overcome these issues. You may notice that certain situations (e.g., a new social setting) are more anxiety - provoking than others for you. When anxious you may feel overwhelmed, sweaty, and short of breath, or that your heart is beating very fast.
- If you are anxious, try to find ways to soothe yourself and calm down before attempting to engage in further social activity or tasks that require a high level of concentration:
 - Take time out to calm down and distract yourself (e.g., have a cup of tea or watch a TV program).
 - Brainstorm new ways to cope with any problems you are experiencing. Having a plan can help you to feel less anxious.
 - Use relaxation techniques.

Memory Tips and Training

Training Your Memory

First you need to know your strengths and weaknesses. Test yourself with different memory tasks. Before each task think about:

- How hard is this task for me?
- How much will I remember? Take a guess.
- What will help me remember?

After the task, see how much you remembered. Notice what you did to help you remember

Strategies to help you remember

Repeat	Repeat what you want to learn over and over again. You can do this by saying it out loud, writing it down, or both. Repeat it over longer and longer periods of time. This method can help you remember one thing. It will not improve your memory in general.
Screen out	Try to screen out or ignore information that you don't need.
Group	Think about how different items connect. Then group them together. To remember what to get from the store, group items by type (for example, cheese, milk and butter could go together, and fruits and vegetables could go together.)
First letter	Remember the first letter of the words you want to remember. You can also make up a new word from these letters. For example, to remember the names of 4 people at work (Lee, Ali, Maria and Paul) you can use the word LAMP.
Rhyme	Use a rhyme or tune to remember a fact.
Story	Make up a story using the facts you need to remember.
Picture it	Picture the object you want to remember. If you want to remember a person's name try to connect their name to their face. You can also picture an object that makes you think of that person (a teapot for someone who loves tea, or a bow tie for someone who always wears them).

Put it in order	If you need to remember a long list of words, learn them in a certain order. For the names of provinces, you can learn them from East to West or by region. Also try learning some things in alphabetical order.
Link it	Link a fact or event to other information. For example, when you want to remember the name of a city, think of the towns and cities in the same area. You can also link it to something else it makes you think of. When you do this, you are making associations.
Think around it	Think about what else was going on around you. Where were you? Who were you with? Imagine being there.
Retrace your steps	To remember where you put something, ask yourself: what was I doing? Where did I go before that?
Summarize	Summarize your day in a diary before you go to sleep at night. Include details you want to remember. For example, try to write down the plot of a movie you watched that day or a book that you are reading. Write the facts and include details.
Avoid multitasking	Avoid multitasking by focusing and completing one task before starting another, when possible.

Lifestyle can impact thinking abilities.

Physical exercise helps the body, mind, and brain. It improves cognitive functioning and helps overall mood.

Eat healthy foods. A balanced diet of fresh fruits, vegetables, whole grains, and protein are necessary in maintaining physical and mental well-being. Each individual has different dietary needs. To find more information about your specific dietary needs, speak with your physician.

Socialize. Get involved in group activities that you may have been a part of before your pain increased, or try something new, like joining a support group or volunteering.

Challenge yourself. Activities that make you think can improve concentration. This may include card games, puzzles, reading, or writing letters. Try to learn a new skill or improve upon one you already enjoy.

Tips for dealing with memory problems

Check off any of the following strategies you would like to try or that you are already using.

Be organized

- ☐ Use a day planner or calendar to organize your appointments.
- ☐ Be consistent. E.g., try to do the same things at the same time each day. Follow your weekly schedule.
- ☐ Always keep things in the same place. E.g., always leave your keys by the front door.
- ☐ Use a pill organizer to help you keep track of your medication. Or ask your pharmacy to put your pills in a "blister pack".

Write it down

- ☐ Write down all your appointments on one calendar or day planner and check it often.
- ☐ Make lists and cross off each task after you finish
- ☐ Use one notebook to write down any important information that you have received or may need.
- ☐ Keep a list of important phone numbers next to the phone. You can also put these numbers in your mobile phone.

Use signs

- ☐ Post reminder signs. For example: "bring your keys", "turn off the stove", "unplug the iron", or "lock your doors".
- ☐ Use labels. For example: label cupboards and drawers with words or pictures that describe what is inside.

Use alarms and timers

- ☐ Use a timer when you are using the stove or oven. Consider using appliances that turn off by themselves, such as a microwave and auto-off electric kettle.
- ☐ Use alarms to remind you to do things, such as taking your pills or going to an appointment. You may be able to use the alarm feature in your phone for this.

When learning something new:

- ☐ Do it in a quiet place so you can focus fully. Turn off the radio and TV.
- ☐ Pay close attention.
- ☐ Repeat or practice what you want to remember.
- ☐ If there is a lot to learn, break it down into smaller steps and learn a little bit at a time.
- ☐ Write down the information to help you later.

Keep your mind and body active.

- ☐ Exercise to keep your mind healthy.
- ☐ Do puzzles and play memory games, such as crosswords, Sudoku or cards.

Other things that may help:

- ☐ Keep the noise level down.
- ☐ Do not interrupt unless you have to.
- ☐ Talk about one thing at a time. Warn them when you want to change the subject.
- ☐ Keep a quiet place for the person to work, read, or watch TV.

Tips for family and friends

- ☐ Talk slowly to give the person time to process what you say.
- ☐ Speak in short phrases. Pause between sentences.
- ☐ Repeat information.
- ☐ Ask the person to repeat what you said, or give a summary in their own words. This makes sure they understood.
- ☐ Call the person to remind them to take their pills, go to an appointment, or do other tasks.
- ☐ It can take time and effort to learn to use a new memory strategy. Allow opportunities for the person to practice as it applies to his or her routine (example: finding information in the notebook or phone).
- ☐ Note that over time, the person or life demands may change. This may result in a need to change the memory strategy too.

References

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Occupational Therapy, Toronto Rehab. (2015). How to train your memory, Form: D-5893. UHN Patient Education. www.uhnpatienteducation.ca

Mental Fog and Mental Fatigue

Mental Fatigue or Fog is a feeling of being mentally tired. It causes trouble in paying attention or maintaining focus on a task. You may feel mental fatigue after doing work that takes a lot of mental energy or if you feel a lot of stress for a long period of time. Often when you feel mental fatigue, your body will feel tired as well. Research has found that certain activities may help to reduce mental fatigue.

Symptoms of mental fatigue can make it harder to:

- ☐ Pay attention, focus on a task, or concentrate
- ☐ Remember things
- ☐ Multi-task
- ☐ Keep your train of thought while talking
- ☐ Find the right words during a conversation
- ☐ Work with numbers
- ☐ Do tasks in the same amount of time as you used to
- ☐ Recall details like names and dates
- ☐ Understand the information you get.
- ☐ Make decisions and plans.
- ☐ Solve problems.

How can I reduce mental fatigue?

There are certain activities that may help to reduce mental fatigue. These are called restorative experiences. A restorative experience is an activity that helps rest your mind and bring back your mental energy. Doing a restorative activity can also help you improve or maintain your attention.

Restorative activities should:

- Be enjoyable and attention-grabbing.
- Take place in a peaceful or natural setting, or somewhere that allows the mind to rest but not sleep.
- Involve a change from everyday activities and take your mind off of other concerns.
- Be a change from daily routines and concerns (but not watching T.V. or using a computer, tablet, or smartphone. Doing activities that involve screen use tend to take away mental energy).
- Not be boring to you.
- Be fun for you (for example, gardening may be fun and restorative to one person but not to another person).

Try doing restorative activities for:

- 20-30 minutes each day
- 3 or more days a week

Restorative activities can:

- Give you a chance to relax.
- Let you be away from everyday life.
- Help you forget worries.
- Help you reflect on personal matters.

A restorative experience often involves spending time in nature. For example, you could:

- ☐ Walk or sit outdoors (backyard, garden, park).
- ☐ Look at nature (trees, clouds, sunset).
- ☐ Do some gardening.
- ☐ Sit by water (ponds, streams, lakes, fountains).
- ☐ Watch wildlife (birds, animals).
- ☐ Listen to birds or other sounds of nature like a stream or river.
- ☐ Take a walk or sit outside.
- ☐ Practice meditation or yoga.
- ☐ Listen to music or sounds of nature (e.g. rustling of leaves or bird calls).
- ☐ Watch wildlife or other natural scenes.

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www.uhnpatienteducation.ca.

Bernstein, Lori J., Durkee, Linda, and Phan, Stephanie. (2016). Mental fatigue and what you can do about it, Form: D-5561. University Health Network. www.uhnpatienteducation.ca.

SMART Goal Action Plan

SPECIFIC

I want to:

What I am going to do: (be specific)

How am I going to do it?

Where I will do this:

When I will do this:

MEASURABLE

How I will measure this to see my progress: (amount, # minutes, # days per week):

ATTAINABLE

The first 3 actions I will take to achieve this goal are (be specific):

1.

2.

3.

Challenges—List 3	Solutions

51

MEDICATION LIST FOR _____

Please note all your current prescription, over the counter medications, herbals and/or minerals you are taking.

Medication Name	Dosage	Taken How Often	Medication Benefits	Medication side effects

Updated on: _____

Pharmacy Name(s): _____

Opioid Pain Medicines

Information for Patients and Families

You have been prescribed an opioid pain medicine that is also known as a narcotic. This leaflet reviews some important safety information about opioids.

Patients, family, friends, and caregivers can play an important role in the safe use of these medicines; share this information with them.

With opioids, there is a fine balance between effective pain control and dangerous side effects.



Opioids are intended to improve your pain enough so that you are able to do your day to day activities, but not reduce your pain to zero. Be sure that you understand your plan for pain control and work closely with your doctor if you need opioids for more than 1-2 weeks.

Risk of overdose and addiction:

Many people have used opioids without problems. However, serious problems, including overdose and addiction, have happened. It is important to follow the instruction on the prescription and **use the lowest possible dose for the shortest possible time**, and to be aware of signs that you are getting too much opioid.

Avoid alcohol and benzodiazepines.

Side effects:

Constipation, nausea, dry mouth, itchiness, sweating, and dizziness can happen often with opioids. Contact your doctor or pharmacist if your side effects are hard to manage.

Your ability to drive or operate machinery may be impaired.

Some people are more sensitive to the side effects of opioids and may need a lower starting dose or more careful monitoring. Talk to your doctor about the **HIGHER RISK** of dangerous side effects if:

- You have certain health conditions, for example:
 - Sleep apnea
 - Lung disease (e.g. COPD or asthma)
 - Kidney or liver problems
- You have never taken opioids before
- You are already taking an opioid or medications for anxiety or to help you sleep
- You have a history of problems with alcohol or other substances
- You have had a bad reaction to an opioid before
- You are age 65 or older

Safe keeping:

Never share your opioid medicine with anyone else. Store it securely in your home. Take any unused opioids back to your pharmacy for safe disposal.

Ask your Pharmacist if you have any questions.

Other options are available to treat pain.

Signs of Overdose

Stop taking the drug and get immediate medical help if you experience the following:

- Severe dizziness
- Inability to stay awake
- Hallucinations
- Heavy or unusual snoring
- Slow breathing rate

Your family member or caregiver needs to call 911 if:

- You can't speak clearly when you wake up
- They can't wake you up
- Your lips or fingernails are blue or purple
- You are making unusual heavy snoring, gasping, gurgling or snorting sounds while sleeping
- You are not breathing or have no heartbeat

Never leave a person alone if you are worried about them.

Ask about take-home naloxone kits.

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Neighbourhood
Pharmacy
Association of Canada

Association canadienne
des pharmacies
de quartier



Institute for Safe Medication
Practices Canada
Institut pour la sécurité des médicaments
aux patients du Canada

All reasonable precautions have been taken to verify this information. The information is shared without warranty or representation of any kind.

An opioid overdose can happen to anyone taking an opioid

Get a free take-home naloxone kit just in case!

How to stay safe on opioid medications:

Do not drink alcohol.

Do not start any new medications without talking to your doctor or pharmacist first.

Do not share medications.

Store medications in a safe and secure place.

Take your medications exactly as prescribed. If you have questions, ask your doctor or pharmacist.

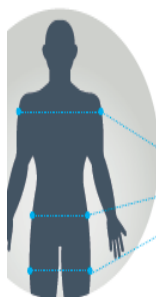
Naloxone

It Saves Lives

What you need to know

What are the types of naloxone?

- 1 **Naloxone injection** – free of charge at your local pharmacy.



Injectable naloxone is easy to use and your pharmacist will train you when receiving your kit.

Injection sites

Upper arms
Buttocks
Thighs

How to use injectable naloxone:

<https://uwaterloo.ca/pharmacy/news/naloxone-pharmacies-what-you-need-know-combat-opioid-crisis>

- 2 **Naloxone nasal spray** – only available free to certain populations:

Clients of needle syringe or hepatitis C programs

Inmates released from certain provincial correctional facilities

Who is eligible for a naloxone kit?

Anyone who is taking or has taken opioids

Anyone who is a friend or family member of someone taking opioids

Anyone who works closely with people taking opioids

Requirements:

A valid Ontario Health Card



Naloxone kits are available for free at your local participating pharmacy



Ask your pharmacist about getting a **FREE** naloxone kit today!



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What is naloxone?

- Naloxone temporarily stops an opioid overdose by blocking its effects on the brain.
- Naloxone does NOT work for overdoses involving alcohol or non-opioid drugs such as stimulants or benzodiazepines.
- Naloxone is safe to use even if given to someone who is not overdosing on opioids.

Why do I need it?

- Anybody taking an opioid has a potential risk of overdosing.
- An overdose can occur even with proper use.
- Opioids can slow or stop breathing, leading to loss of consciousness or death.

Signs of an opioid overdose:



What are opioid medications?



What to do when someone takes too much of an opioid (overdose):

1

CALL 911 – an overdose is a medical emergency



9-1-1

2

Give the **first dose of naloxone** right away



1st DOSE

3

CPR trained:
Chest compressions +/-
rescue breathing



Not CPR trained:
Chest compressions **ONLY**



ONLY

- Place hands on top of one another, and position over the middle of chest
- Repeatedly push hard and fast on chest

4

Check for response to naloxone after 2-3 minutes



2-3 MIN

If the person begins to respond
(they begin to wake or breathing returns to normal):

- Continue to monitor them until emergency responders arrive

If they do not respond:

- Give the second dose of naloxone and continue giving chest compressions and/or rescue breathing until emergency responders arrive

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ATTAINABLE

The first 3 actions I will take to achieve this goal are (be specific):

1.

2.

3.

Challenges—List 3	Solutions

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-Management Plan

Adapted from Cai-Duarte, B., Kircher, C., Moore, B., & Sheffe, S. (2018). Changing your pain pathways: Ways to cope with pain in daily life.

We can use neuroplasticity to our advantage to reduce how often our nervous system protects by pain. Your sensitivity is always changing in response to your environment – both internal and external. Below is a checklist with some ways of creating an environment that promotes feelings of safety in your nervous system. The checklist includes resources and strategies relating to each week of this group.

Check off the strategies you want to include in your pain self-management plan. It is best to make sure your plan has strategies from all categories! If your plan looks unbalanced, think about what new strategies you can start to include. Use the empty spaces to add ideas!

Week 1: Pain science		
Strategies	<input type="checkbox"/> Use activity tracker to learn your pain patterns	
YouTube videos	<input type="checkbox"/> Tame the beast	<input type="checkbox"/> Understanding Pain in 5 minutes or less
	<input type="checkbox"/> Lorimer Moseley – Why Things Hurt	
Books	<input type="checkbox"/> Changing Your Pain Pathways: Ways to cope with pain in daily life	<input type="checkbox"/> Managing pain before it manages you
	<input type="checkbox"/> Explain Pain 2nd Edition	<input type="checkbox"/> The Explain Pain Handbook Protectometer
Websites	<input type="checkbox"/> www.tapmipain.ca	<input type="checkbox"/> https://www.liveplanbe.ca/
	<input type="checkbox"/> www.painscience.com	
Week 2: Values and goal setting		
Identify your values	<input type="checkbox"/> Complete the values checklist	<input type="checkbox"/> Complete the values activity log
Set a goal	<input type="checkbox"/> Set a very small, manageable SMART goal	<input type="checkbox"/> Celebrate small wins
	<input type="checkbox"/> Plan something fun, like a fantasy vacation	<input type="checkbox"/> Aim to do at least one thing every day
Week 3: Physical Activity and Pacing		
Gentle activity	<input type="checkbox"/> Go out of the house	<input type="checkbox"/> Go shopping
	<input type="checkbox"/> Go for a short walk	<input type="checkbox"/> Stretch gently
	<input type="checkbox"/> Move gently through your range of motion	<input type="checkbox"/> Other:

Use Pacing and adapt activities	<input type="checkbox"/> Take short rest breaks	<input type="checkbox"/> Take sitting breaks
	<input type="checkbox"/> Look for new tools and devices to help you	<input type="checkbox"/> Gradually increase activity only 10% per week
Gentle exercise	<input type="checkbox"/> Warm water fitness or swimming	<input type="checkbox"/> Restorative yoga
	<input type="checkbox"/> Chair yoga	<input type="checkbox"/> Tai Chi
	<input type="checkbox"/> Qi Gong	<input type="checkbox"/> Walking
	<input type="checkbox"/> Dancing	
Week 4: Stress, triggers, and flare-ups		
Learn about your stress	<input type="checkbox"/> Identify your patterns of stressors	<input type="checkbox"/> Identify your warning signs
Find outlets for frustration	<input type="checkbox"/> Deep breathing	<input type="checkbox"/> Enjoyable exercise or physical activity
	<input type="checkbox"/> Meditation	<input type="checkbox"/> Creative activity
Regular relaxation - informal	<input type="checkbox"/> Take a hot bath or shower	<input type="checkbox"/> Get a massage/ self-massage
	<input type="checkbox"/> Use a cold or hot pack	<input type="checkbox"/> Use soothing cream
	<input type="checkbox"/> Use TENS machine	<input type="checkbox"/> Listen to relaxing music
	<input type="checkbox"/> Experience nature	<input type="checkbox"/>
Regular relaxation - formal	<input type="checkbox"/> Do a 3-minute breathing space	<input type="checkbox"/> Do a body scan relaxation
	<input type="checkbox"/> Gently tighten and release muscles	<input type="checkbox"/> Imagine being warm and heavy
Gain social support	<input type="checkbox"/> Give support to others	<input type="checkbox"/> Volunteer
	<input type="checkbox"/> Call or talk to a family member: _____	<input type="checkbox"/> Call or talk to a friend: _____
	<input type="checkbox"/> Therapist or doctor	<input type="checkbox"/> Email or text someone
	<input type="checkbox"/> Attend a group	<input type="checkbox"/> Call a help line
Create predictability and routine	<input type="checkbox"/> Create a regular, daily routine	<input type="checkbox"/> Use a to-do list
	<input type="checkbox"/> Make a budget	<input type="checkbox"/> Use an agenda
	<input type="checkbox"/>	
Nurture your body	<input type="checkbox"/> Eat healthy food	<input type="checkbox"/> Drink water & herbal tea
	<input type="checkbox"/> Limit alcohol, nicotine, and drugs	<input type="checkbox"/> Eat comfort food, in moderation
Make a flare-up toolkit	<input type="checkbox"/> Complete this list of helpful pain management strategies	<input type="checkbox"/> Gather relaxing items ready to go in a box

	<input type="checkbox"/> Plan how to slowly ease back into activity as the pain gets better	<input type="checkbox"/> Plan a reward for when the flare-up passes
Week 6: Sleep		
Learn sleep strategies	<input type="checkbox"/> Have a consistent and relaxing bedtime routine <input type="checkbox"/> Wake up at the same time every day	<input type="checkbox"/> No screen time at least 1 hour before bed (blue light disrupts the body clock) <input type="checkbox"/> Get bright light in the morning
	<input type="checkbox"/> Move your body during the day	<input type="checkbox"/> Avoid napping
Week 7: Cognition and Communication		
Use cognitive strategies	<input type="checkbox"/> Engage in restorative activity to help with brain fog	<input type="checkbox"/> Practice strategies to cope with and improve memory and concentration
Learn your communication needs	<input type="checkbox"/> Identify your communication challenges	<input type="checkbox"/> Identify your communication beliefs
Learn assertiveness skills	<input type="checkbox"/> Use an assertiveness script to improve communication	<input type="checkbox"/> Follow assertiveness tips to get the most out of your communication with others
	<input type="checkbox"/> Use the "Take PART" worksheet for communication with healthcare providers	
Week 8: Medications		
Use medications safely and effectively	<input type="checkbox"/> Know the "5S" of medication use	<input type="checkbox"/> Keep an updated list of your medications, doses, and what they are prescribed for
	<input type="checkbox"/> Always inform your doctor and pharmacist of changes to your prescription, non-prescription, and herbal medications	<input type="checkbox"/> Take your medications as prescribed and allow enough time for them to work
Other ideas for pain self-management		
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	

SMART Goal Action Plan

SPECIFIC

I want to:

What I am going to do: (be specific)

How am I going to do it?

Where I will do this:

When I will do this:

MEASURABLE

How I will measure this to see my progress: (amount, # minutes, # days per week):

ATTAINABLE

The first 3 actions I will take to achieve this goal are (be specific):

1.

2.

3.

Here is how I will cope with challenges while working on this goal:

Challenges—List 3	Solutions

RELEVANT

How **confident** am I that I will be able to accomplish this goal?

Not sure Somewhat sure Extremely sure

0 1 2 3 4 5 6 7 8 9 10

How **important** is this goal to me?

Not important Somewhat important Very important

0 1 2 3 4 5 6 7 8 9 10

The values related to my goal are (why this goal is important to me):

TIME-BOUND

I will take the first step on this date:

What time did the first stop off the line start?

I will check my progress on this date:

I will check my progress on time date: