

# Active Pain Lowering Skills Packet

This packet is designed for individuals who have or are currently participating in the active trainings provided by the Chronic Pain Management Team.

These activities are comprehensively included for the Introductory Trainings and do require some guidance prior to participation.

\*Please bring this packet with you to all Introductory Trainings.

## Online Pain Resources

### Video and Literature Resources

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#### Video Clips

Website: www.youtube.com

- Title:
- \* **Why Things Hurt** by Lorimer Moseley (14 min)
    - <https://www.youtube.com/watch?v=gwd-wLdIHjs>
  - \* **Tame the Beast** by Lorimer Moseley (5 min)
    - <https://www.tamethebeast.org/#home>
  - \* **Understanding Pain** (5 min)
    - <https://www.youtube.com/watch?v=ksNfgE3pVBw>
  - \* **Neuroplasticity** by Sentis (2 min)
    - <https://www.youtube.com/watch?v=ELpfYCZa87g>
  - \* An introduction to mindfulness by Mindfulnet (3 min)
  - \* Mindfulness and Chronic Pain by Jon Kabat-Zinn (4 min)
  - \* Explaining chronic pain: The role that stress plays and the creation of learned nerve pathways by Howard Schubiner, MD (9 min)
  - \* The Role of Pain in the Brain, The MindBody Syndrome (9 min)

Purpose: To help you gain greater knowledge of chronic pain

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#### Book Recommendation

- Title:
- \* *Full Catastrophe Living* by Jon Kabat-Zinn and Thich Nhat Hanh
  - \* *The Brain's Way of Healing* by Norman Doidge
  - \* *The Brain That Changes Itself* by Norman Doidge
  - \* *Chronic Pain: Your Key to Recovery* by Georgie Oldfield
  - \* *The MindBody Prescription* by John Sarno
  - \* *The Pain Survival Guide* by Dennis Turk PhD and Fritz Winter PhD
  - \* *Reality Slap* by Russ Harris
  - \* *The Mindfulness Solution to Pain* by Jackie Gardner-Nix and Jon Kabat-Zinn
  - \* *Why Do I Hurt* by Adriaan Louw
  - \* *Explain Pain Handbook* by David Butler and Lorimer Moseley

Purpose: To learn more about how to decrease physical & emotional reactivity. To help you gain greater knowledge and application of Thought Management and Mindfulness.

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## Guided Imagery Podcast

- Kp.org/listen
- Pain, Stress, Anxiety & many more

**Step 1:** Go to: [kp.org/listen](http://kp.org/listen) or [kpdoc.org/podcasts](http://kpdoc.org/podcasts)

**Step 2:** (On left menu) Click on: Podcasts

**Step 3:** (Locate Health Conditions) Click on: Pain, Stress, Sleep, Anxiety, or Fibromyalgia.

- \* Please choose one main podcast to use for at least a month.
- \* Please use headphones
- \* Please listen 1-2 x a day

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## YouTube Mindfulness Practice

- Kabat-Zinn body scan and sitting meditation:
  - <https://www.youtube.com/watch?v=15q-N-kkrU> (30 min)
  - <https://www.youtube.com/watch?v=524RMtfHKz8&t=919s> (20 min)

## UCSD Guided Practice Mindfulness

- <https://health.ucsd.edu/specialties/mindfulness/programs/mbsr/pages/audio.aspx>

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## Wellness Phone Coach

- Manage Stress, Eat Healthier foods, Achieve Healthier Weight, Smoking Cessation
- Call 1- 866-251- 4514

## Clinical Health Educators: Health Education Department (707-624-2225)

- Brandi Bell, CHE: 707-624-2618
- Chetendee Lal, CHE: 707-624-2234
  - **Manage:** life care planning, cholesterol, Diabetes/meter teach, pre-diabetes, hypertension, healthy eating, stress management, weight management, physical activity (currently no referral necessary/ in person visit)

## Noticing Worksheet

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Safe Activities/Factors

Threatening Activities/Factors

Begin to identify and track movements, activity and other factors that impact/affect your pain or symptoms. It is very important that you are able to develop strategies around these factors as it is being retaught to your brain and body. With the ability to navigate what your brain is registering as a threat/danger you can more efficiently retrain your brain. Also it is very important that you and your brain are able to emphasize the safe factors as to overtake the dangers/threats and more appropriately retrain your brain.

## Pacing at Home

- Plan to set aside time to explore your pacing techniques.
- Choose things that are more threatening and alternate them with things that are more safe.
- Notice what thoughts arise as you plan. What are you telling yourself?
- Next, go ahead and DO the activities as planned. How did it work out? How do your pains feel?

Activity	Time	Safe or Threatening

## Relaxation Strategies

### 4-7-8 BREATHING

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- Practice and your brain will create a superhighway inducting you into a relaxed state of letting go, peace.

**Step 1:** Notice your breathing (any aspect of your breathing is ok).

**Step 2:** Breathe in for the count of 4, hold for 7, and breathe out for the count of 8.

**Step 3:** Each time your mind wanders off bring it back to your breathing.

- Purpose: To quiet your mind down, which reduces the pain and emotional signals, and thereby giving you greater control.

**Tip:** Place your hand on your abdomen and feel it move in and out as you breathe.  
Gradually slow your breathing down—exhale a little more with each breath.

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## Hand Technique

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*Prior to beginning:*

- Ask yourself : What is my tension/pain level right now?

*Active Practice:*

- As you breathe in...raise your thumb...gently hold...as you slowly breathe out say: ***I am releasing all unnecessary tension in my body down to zero now—thank you***
  - Next...as you breathe in...raise your index finger...gently hold...then say, again, as you slowly breathe out... ***I am releasing all unnecessary tension in my body down to zero now—thank you.***
  - Continue through until your pinky finger.
  - When done, ask yourself, again: What is my tension/pain level right now?
    - **Tip 1:** If your tension/pain level has gone down –even one number down—great job! If no change, no worries. Just repeat one more time.
    - **Tip 2:** If you use this skill every day 2-3 x a day for the next 2 weeks, you will receive more stress reduction and more pain relief.
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**100 Fun and Enjoyable Activities**

1. Go to a museum or exhibit
2. Have a lively talk or debate
3. Go star gazing
4. Have friends visit
5. Have a quiet day or night at home
6. Go to a movie
7. Help someone
8. Laughing
9. Learn to do something new
10. Listen to jokes or comedy
11. Listen to music
12. Write in a journal
13. Listen to the sounds of nature
14. Look at photos
15. Make a new friend or meet new people
16. Plan a trip or vacation
17. Play a board game
18. Play a musical instrument
19. Play with children
20. Play with pets
21. Exchange emails, chat on the internet
22. Prepare a special or new food
23. Read books or magazines
24. Read cartoons or comic books
25. Read stories or poetry
26. Repair something
27. Ride a bike
28. Enjoy beautiful scenery
29. Listen to others
30. Go to lunch with a friend
31. See or smell a flower
32. Sew, crochet, or do needlework
33. Singing
34. Sit in the sun
35. Go on a date
36. Laughing
37. Stay up late
38. Take a long shower or bath
39. Talk about sports
40. Talk on the phone
41. Hobbies (stamp collecting, model building, etc)
42. Arts and crafts
43. Meditate
44. Traveling
45. Visit with friends
46. Walk barefoot in the grass
47. Plan the day's activities
48. Wash the car
49. Watching the sky, clouds, or a storm
50. Attend a lecture or sermon

51. Be outdoors in nature or a park
52. Be with someone you love
53. Being at the beach/mountains
54. Being in the country
55. Being relaxed
56. Flirt
57. Being with animals
58. Being with friends
59. Being with happy people
60. Being with my children
61. Go to the gym, doing aerobics
62. Build or watch a fire
63. Buy myself flowers
64. Buying something silly or frivolous
65. Care for a houseplant
66. Cleaning, Housework
67. Completing a difficult task
68. Complimenting or praising someone
69. Cooking/baking
70. Dancing
71. Do a crossword puzzle
72. Do a jigsaw puzzle
73. Go swimming
74. Do volunteer work
75. Go window shopping
76. Doing better at school
77. Doodle, draw, or paint
78. Dressing up
79. Driving
80. Engage in political activity
81. Enjoy a good meal
82. Expressing my love
83. Plan a career change
84. Gather natural objects (flowers, ...)
85. Get a back rub or massage
86. Be spontaneous
87. Go camping
88. Giving gifts
89. Go Boating
90. Go out to eat
91. Go to a barber or beautician
92. Go to a fair, zoo, or park
93. Go to a meeting
94. Go to a play, concert, or ballet
95. Go to a potluck or barbecue
96. Go to auctions or garage sales
97. Go to the library
98. Go on a picnic
99. Go to a party
100. Early morning coffee and newspaper



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**SMART Goal Setting Worksheet**

**Step 1: Write down your goal in as few words as possible.**

My goal is: \_\_\_\_\_

**Step 2: Make your goal detailed and SPECIFIC:** Answer who/what/where/when.

HOW will you reach this goal? List 3 action steps you'll take:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Step 3: Make your goal MEASURABLE.**

I will measure/track my goal by using the following numbers/methods:

\_\_\_\_\_

I will know when I've reach my goal when:

**Step 4: Make your goal ATTAINABLE:** What additional resources do you need for success?

Items I need to achieve this goal: \_\_\_\_\_

How I'll find the time: \_\_\_\_\_

Things I need to learn more about: \_\_\_\_\_

People I can talk to for support: \_\_\_\_\_

**Step 5: Make your goal RELEVANT.** List why you want to reach this goal.

**Step 6: Make your goal TIMELY:** Put a deadline on your goal.

I will reach my goal by (date): \_\_\_\_\_

My halfway measurement will be \_\_\_\_\_ on date \_\_\_\_\_

Additional dates and milestones I'll aim for: