

Five key pain self management skills myself and other pain self managers use



Setting Goals and Action Plans:

What it means: This skill involves identifying specific, achievable goals related to managing pain. It's about figuring out what they want to accomplish, whether it's being able to play a sport, spend time with friends without discomfort, or even just focusing on work and general life.

How it helps: By setting clear goals, they can create action plans that outline steps to reach those goals. This gives them a sense of direction and motivation, helping them track their progress and celebrate small victories along the way.

2. Pacing Daily Activities:

What it means: Pacing is about balancing activity and rest. It's not pushing too hard on good days or giving up on bad days. People can break tasks into smaller, manageable parts, allowing time for breaks in between.

How it helps: By pacing themselves, they can avoid overwhelming fatigue and pain, leading to better overall energy levels. This skill helps them engage in activities they enjoy without putting too much strain on themselves.

3. Problem Solving:

What it means: Problem-solving involves identifying challenges related to their pain and thrashing solutions. This could mean finding alternative ways to participate in activities or adjusting their routine to better accommodate their needs.

How it helps: This skill encourages resilience and creativity. By developing problem-solving skills, teens learn to navigate obstacles effectively, fostering a sense of empowerment and control over their pain and daily life.

4. Meaningful Movement:

What it means: Meaningful movement focuses on incorporating physical activity that is enjoyable and manageable to them. This could be gentle exercises, yoga, or activities they love, ensuring movement doesn't become a source of pain.

How it helps: Engaging in meaningful movement can improve their mood, boost energy, and help manage pain. It promotes overall health and wellness, showing them that they can still be active in a way that feels good and fits their abilities.

5. Dealing with Setbacks:

What it means: Setbacks are a part of any journey, including pain management. This skill teaches people how to handle days when pain increases or when they can't do what they originally planned. It's about understanding that setbacks are normal.

How it helps: By learning learning setbacks skills, they develop resilience. People can practice self-compassion and adapt their strategies, reinforcing that managing pain is a process and that it's okay to seek help or take a step back when needed.

These five skills form a comprehensive toolkit that enables people to better manage their pain, encouraging a proactive and positive approach to their well-being.

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