



Essential Skills for Pain Management

Session 2

Thoughts are powerful

Agenda

Last Week's Home Practice

Review Session 1

Thoughts Are Powerful

Session 2 SMART Plan

Check In - SMART Plan

- How did you do with your SMART plan last week?
 - Successes
 - Challenges

Review Session #1

- What is the goal for this workshop?
 - Reduce suffering
 - Live well and have a meaningful life!
- How can I meet this goal?
 - Mindfulness
 - Values

What do you know about the mindbody connection?

**What thoughts do you have
about your body?**

Thoughts Are Powerful

- Thoughts **directly** cause changes in our body



What Thoughts Influence Pain?

- “I’m damaged”
- “It’s degenerative”
- “My disc is slipped”
- “Maybe my doctor missed something”
- “My spine is really bad, that’s what my doctor told me”

You and Your Thoughts

- Thoughts are often automatic
- “Don’t believe everything you think”
- Thoughts are not facts or always helpful

Let’s practice observing our thoughts

Acceptance

Acceptance is the willingness to
experience your pain for what it is and
live the life you really want

**Acceptance is not
giving up or quitting**

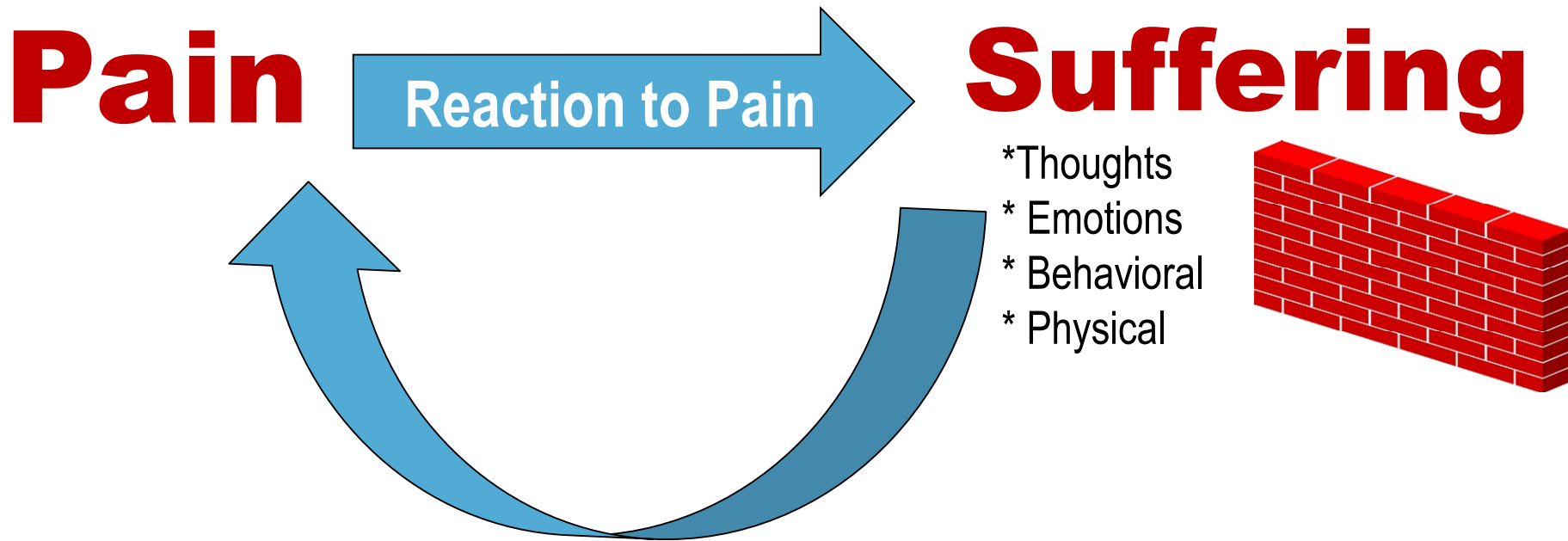
Pain Research

Research shows that accepting your pain results in lower pain intensity, less emotional stress, and improved emotional and physical well-being and functioning.

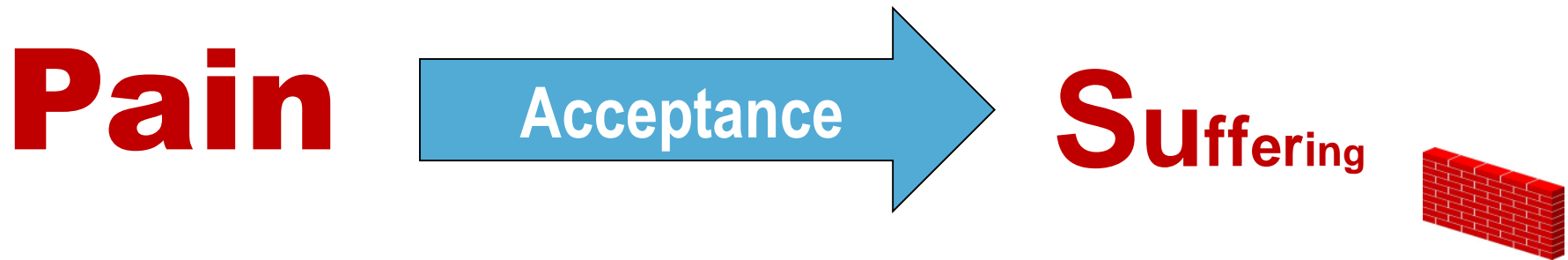
— Vowels & McCracken,(2008)



Two Parts of the Pain Experience



Acceptance and the Pain Experience



Values Towards A Meaningful Life

Why Are You Here?

- What is important to you?
- How do you wish to be or act?



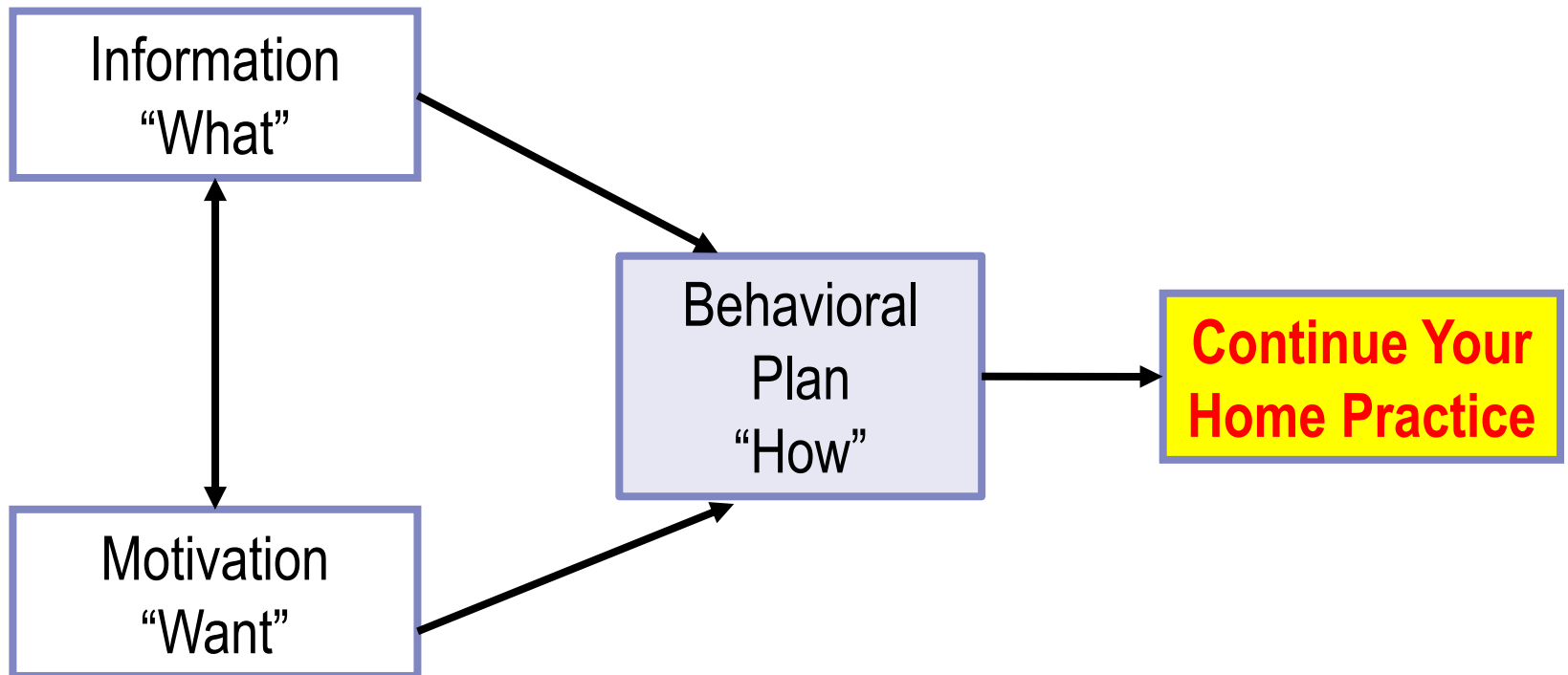
Mindfulness Meditation

■ Posture

1. Sit upright in a comfortable position
2. Feet flat on the floor
3. Place hands on thighs or cup in your lap
4. Observe your breath (nose/mouth or belly)
5. Every time your mind wanders away from your breath, say: “Thank you” and return your attention back to your breath



Information-Motivation-Behavior Change Model



(Fisher & Fisher, 1992)

Your SMART Home-Practice

Turn to the **SMART** worksheet to plan your home-practice for session 2

1. **S**et a goal for the week
2. **M**onitor your practice
3. **A**rrange your environment
4. **R**ecruit support
5. **T**reat Yourself

**How would your life improve if you
had less pain?**

**When will you get started on your
SMART treatment plan?**

Thank you!
See you next week for Session 3