



Essential Skills for Pain Management

Session 4

Flare-Up Management & Pacing

Today's Agenda

Check In on SMART Plan & Review Workshop #3

Flare Up Management

Pacing

Next Steps

Check In – SMART Plan

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

Review Workshop #3

- Sleep Restriction
- Mindfulness Meditation



How do pain flare-ups affect you?

What are you doing that helps a flare-up?

What is a Flare-Up?

- Pain is **above** your usual chronic pain level
- Length of time varies
- Flare-up has a beginning and an end
- There is always an identifiable trigger
- Usual level of pain seems good compared to a flare-up episode
- **Everyone** has pain flare-ups, including people without chronic pain

What Can Trigger a Flare-Up?

It is common to have more than one trigger.

- Stress
- Fatigue
- Illness
- Weather
- Change in your routine
- Foods or substance use
- Not pacing your activities

What is pacing?

Pacing is a way of getting more done over time with less downtime (less suffering)



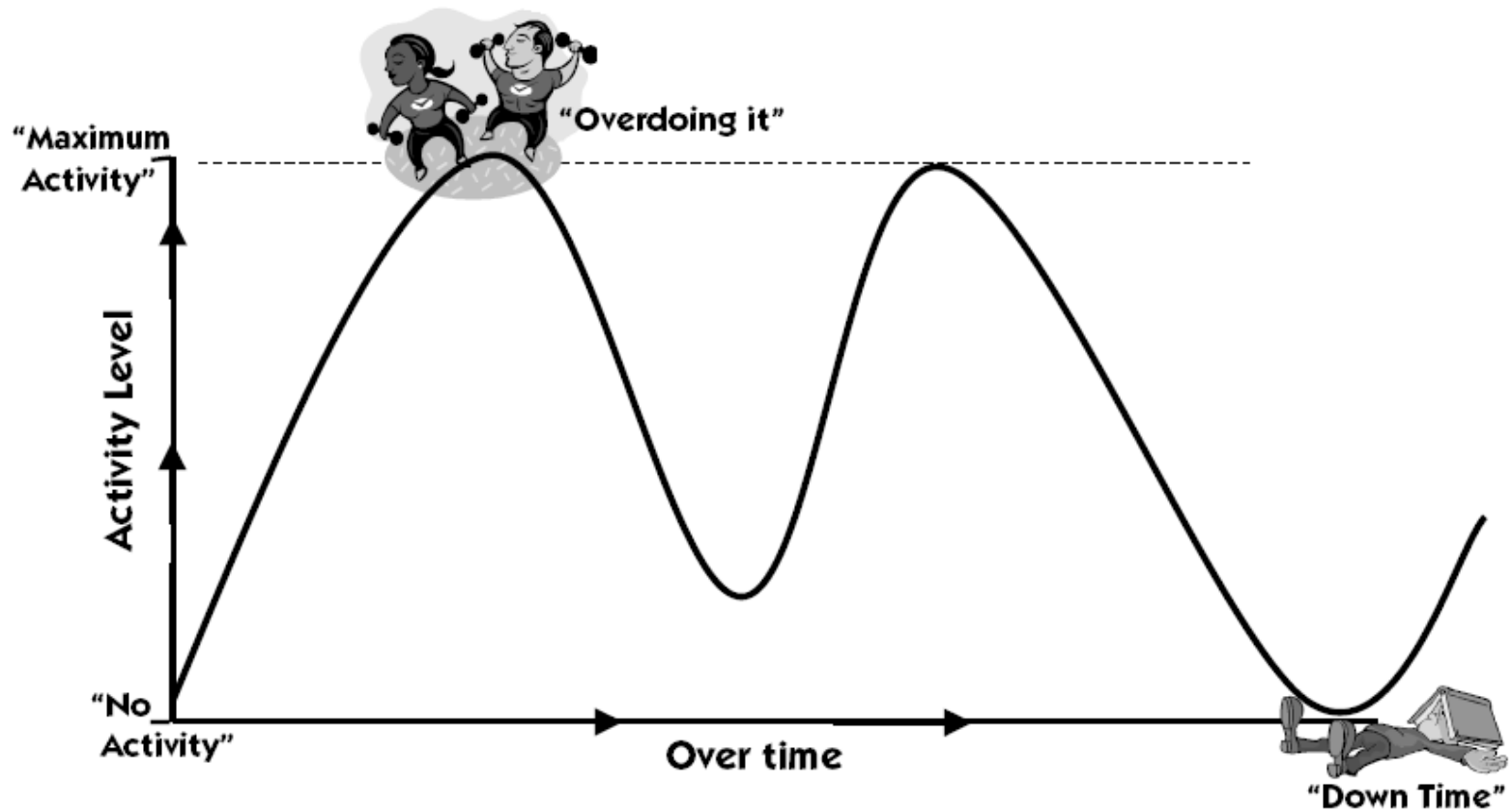
The 3Ps: A Strategy

Prioritizing

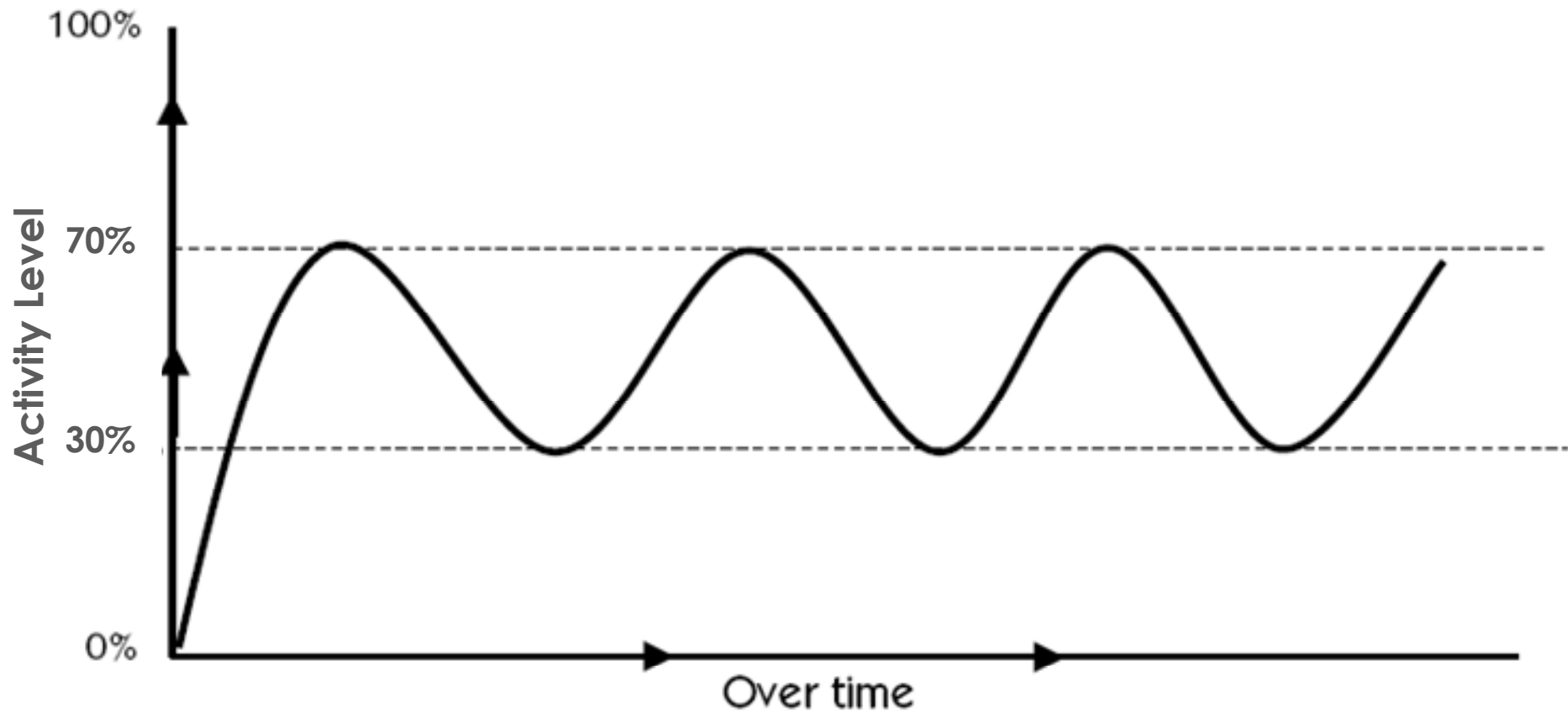
Planning

Pacing/Modifying

Is This Pacing?



The 70% Rule of Pacing



Why is Pacing Important?

- Pacing is a **way of living** an active life
- Pacing **reduces** the risk of a pain flare-up
- You can **achieve more** by reducing your recovery time

What gets in the way of pacing?

What strategies can you use to make pacing a part of your life?

- Every activity has a “time to flare”. Pain is not your cue to stop an activity. Use **time** instead.
- Alternate high impact and low impact activities
- Arrange your environment
- Get support

Flare-Ups & Pacing Worksheet

What's Next?

- Keep working on your SMART skills
- Join our ***Aftercare Program***
 - ***Practice*** the new skills you have learned in a safe and comfortable environment
 - Receive ongoing support from our team

Aftercare Classes Offered

- **Mindfulness-ACT Group** (90 minute session)
- **Movement Skills Groups** (60 minute sessions)
 - Adaptive Yoga
 - Pilates
 - Qi Gong

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

