

This roadmap provides a brief overview of steps you can take to improve your function. Not all steps will be applicable to you. Research indicates that **self-management is key to living easier with pain**, so it plays a central role in this roadmap. You can use this roadmap on your own or together with your family doctor or nurse practitioner.

SET YOUR GOALS

It helps to focus on a goal when you want to make a change. When setting goals, try to focus on improving activities. Make your goals for the near future and realistic. For example: This fall I want to be able to watching my grandson's soccer game. When you reach your goal, you can always set a new one.

MY GOALS. By following this roadmap, I hope to:

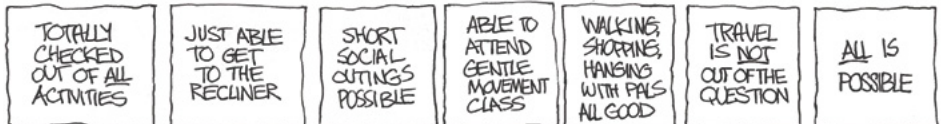
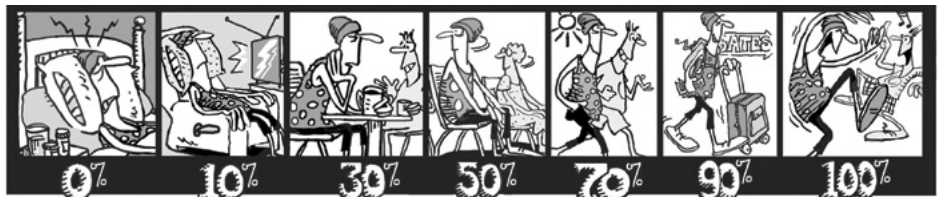
- 1 _____
- 2 _____
- 3 _____

MONITOR YOUR PROGRESS

You can monitor your progress in a journal to see what works for you (see Step 2 for an online journal). You can also use this Functionality scale, e.g. by writing down every Monday morning your average value for the previous week. The Pain Disability Index is another tool to monitor your progress.

<http://www.gpsbc.ca/sites/default/files/uploads/Pain-Disability-Index.pdf>

FUNCTIONALITY SCALE



_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %	_____ %
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE

SELF MANAGEMENT

If possible, do the activities in the order they are presented: First Step 1, then Step 2 and complete with Step 3. You do not have to do everything. Pick the things that you like and try to focus on **one thing at a time**.

STEP 1

GETTING STARTED Check out these resources one at a time to increase your knowledge about chronic pain.

- Visit Pain BC website www.painbc.ca
- Visit People in Pain website www.pipain.com
- Hear from others with chronic pain www.liveplanbe.ca/real-stories
- Watch Bob's pain story <https://www.youtube.com/watch?v=wXFLsr6bFgY>
- Visit self-management portal Live Plan Be www.liveplanbe.ca
- Learn about the science behind pain www.youtube.com/watch?v=nifGFluVkJUk

EDUCATION

- Watch the video to learn about pain www.youtube.com/watch?v=C_3phB93rvI&feature=youtu.be
- Take the free course to learn about pain www.retrainpain.org
- Research at least two things about pain www.liveplanbe.ca/pain-education
- Watch one of the chronic pain webinars www.wwdpi.org/Webinars/Pages/ChronicPain.aspx
- Learn about box breathing www.healthline.com/health/box-breathing
- Learn about self management www.wwdpi.org/Webinars/Pages/ChronicPain-SelfManagementTechniques.aspx
- Learn about mindfulness www.mrsmindfulness.com/what-is-mindfulness
- Learn about meditation <https://www.uclahealth.org/marc/body.cfm?id=22&iirf>
- Learn about movement and exercise www.lifeisnow.ca/courses/first-five-steps-free
- Learn about healthy eating www.youtube.com/watch?v=fqhYBTg73fv
- Learn about opioids and chronic pain www.youtube.com/watch?v=7Na2m7Ix-hU or read www.wwdpi.org/ChronicDisease/WhatsChronicPain/Pages/OpioidsandChronicPain.aspx

STEP 1 (Continued)

READ A BOOK:

- Bruce N. Eimer. **Hypnotize yourself Out of Pain Now!**
- David Corey & Stan Solomon. **Pain: Learning to Live Without It**
- Dennis C. Turk & Frits Winter. **The Pain Survival Guide-How to Reclaim Your Life**
- Dennis Starlanyl & Mary E. Copeland. **Fibromyalgia and Chronic Myofascial Pain. A Survival Manual**
- Jacky Garner-Nix. **Mindfulness Solution to Pain**
- Joel Levey. **The Fine Art of Relaxation, Concentration and Meditation.**
- Joanne Dahl & Tobias Ludgren. **Living Beyond Your Pain: Using Acceptance and commitment Therapy to Ease Chronic Pain**
- Spencer Smith & Steven C. Hayes. **Get Out of Your Mind and Into Your Life**
- Kelly McGonigal. **Yoga for Pain Relief**
- Martha Peterson. **Move without Pain**
- Martin Roland. **The Back Book**
- Neil Pearson. **Understand Pain, Live Well** (Available in all BC public libraries)
- Vidyamala Burch & Danny Penman. **You are Not Your Pain** (work book)
- Wendy Brown. **OWww! Traveling with Chronic Pain.**

STEP 2

TOOLS Some of these tools may be useful, while others are not. Select the tools that you feel fit your pain journey.

- Review the Pain Toolbox www.painbc.ca/find-help/pain-bc-toolbox
- Review the Canadian Pain Toolkit www.pipain.com/pain-toolkits.html
- Make a pain plan www.liveplanbc.ca/manage-my-pain
- Review video on Bounce Back to know more about anxiety and depression www.cmha.bc.ca/programs-services/bounce-back
- Take the free online 8-week mindfulness course www.palousemindfulness.com
- Keep a pain diary for _____ weeks www.caremark.com/Imagebank/Health_Diaries/DailyPainDiary.pdf
- Review My Opioid Manager www.opioidmanager.com/images/omcontent/documents/myom_book_final.pdf
- Take the assessment when using opioids <https://www.divisionsbc.ca/sites/default/files/Divisions/Powell%20River/Current%20Opioid%20Missuses%20Measurement.pdf>
- Review the Opioid Pain Medicines Information www.ismp-canada.org/download/OpioidStewardship/opioid-handout-bw.pdf
Try apps Breath2Relax, Headspace or GPS for the Soul

STEP 3

ACTIVITY PLAN Remember, Take it Slow!

Now you have learned about chronic pain and reviewed some of the tools it is time to develop an activity plan.

- _____ min. daily box breathing
- _____ min. daily walking
- _____ min. daily gentle movement
- _____ min. swimming, _____x/week
- _____ min. daily relaxation
- _____ min. yoga, _____x/week
- _____
- _____

COMMUNITY HEALTHCARE PROVIDERS AND SERVICES

While this roadmap focuses on self-management, there are other services that could be helpful for you.



Fetch is an online listing of health and social services in many communities. Visit <https://www.divisionsbc.ca/provincial/what-we-do/patient-support/fetch> to find resources in your community.

- Physiotherapy
- Occupational Therapy
- Massage Therapy
- Acupuncture
- Chiropractor
- Psychology
- Counselling
- Mental Health & Addictions
- Nutritional Counselling

Other community groups, services, or online support groups that could be helpful:

- Self-Management BC supports self-management www.selfmanagementbc.ca or 604-940-1273/Toll Free: 1-866-902-3767
- People in Pain connects you with peers powellriver@pipain.com or 1-844-747-7246
- Pain Support Line supports with social challenges www.painbc.ca/pain-support-line or 1-844-430-0818
- Bounce Back Online provides online support when feeling depressed, stressed or anxious <http://www.bouncebackonline.ca/>