



Pain Assessment and
Management Initiative

PATIENT
EDUCATION AND
ACTIVITY BOOK

A creative way to learn how to manage your pain

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How to Use this Book

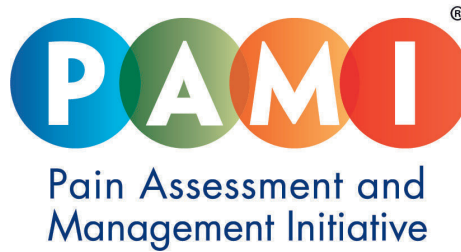
The **PAMI Patient Education and Activity Book** is intended for managing your pain at home in collaboration with your healthcare team and caregivers.

In this book, you will find helpful pain management **education** and **strategies** to manage your pain.



This activity book can help you better understand:

- why you feel pain
- what makes your pain better or worse
- how to take charge of your health and pain
- ways to manage your pain



ADVANCING INNOVATION AND SAFETY IN PAIN EDUCATION, PATIENT CARE, AND RESEARCH

The mission of the Pain Assessment and Management Initiative (PAMI®) is advancing innovation and safety in pain education, patient care, and research. PAMI focuses on incorporating nonpharmacologic and nonopioid modalities to improve pain outcomes, reduce opioid risks, and empower patients.

This workbook and PAMI resources can be adapted for use in your institution by including the phrase, *“Used with permission from the UF College of Medicine – Jacksonville PAMI. Learn more at pami.emergency.med.jax.ufl.edu.”*

**Scan the QR code
to visit our website:**



Disclaimer: All PAMI materials, toolkits, resources, webinars and website content are for educational and informational purposes only and are not intended as a substitute for professional medical management by a qualified health care professional. PAMI is not responsible for any legal action taken by a person or organization as a result of information contained in or accessed through this website or guide whether such information is provided by PAMI or by a third party. Patient pain management must be individualized.

TYPES OF PAIN

ACUTE PAIN

- **Acute pain** is a normal response that alerts the body that something hurts or there is an illness that needs attention.
- Can be caused by an injury or infection, and usually requires timely treatment.
- Once the injury or illness is healed, the pain stops.
- Examples include:
 - broken bones
 - bruises, cuts, and burns
 - surgery
 - dental pain
 - labor and childbirth

CHRONIC PAIN

- **Chronic pain** continues after the injury or illness has healed or develops for an unknown reason.
- Pain signals continue to be sent from the nervous system in your brain like a scratched record that keeps skipping.
- Lasts beyond 3-6 months (over 90 days).
- Examples include
 - arthritis
 - back pain
 - cancer pain
 - Crohn's disease
 - sickle cell pain

ACUTE ON CHRONIC PAIN

If someone is already suffering from chronic pain, they can still experience new injuries or illnesses. Examples include:

- Sickle Cell Disease + infection, exposure to extreme temperatures, dehydration, or stress
- Arthritis + fall and broken hip
- Patient with cancer pain + headache

**Find the PAMI Ways to
Manage Chronic Pain
video here**

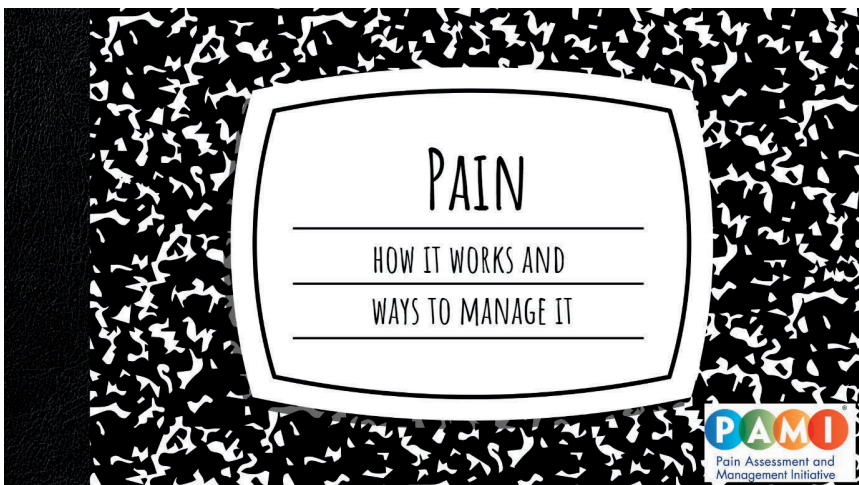


WHY DO WE FEEL PAIN?

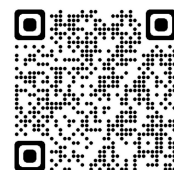


It is important to feel pain

- Pain is a tool or warning system that tells us something is wrong.
- Pain may stop us from damaging a body part even more.
- Some people live without pain. Their nervous system does not detect painful information. You might think this is a good thing, but it's actually very dangerous.
- If we cannot detect pain, we have no way of knowing that we are injured and may continue causing injury to ourselves.



To learn more, watch the
PAMI Pain Neuroscience 101
video here



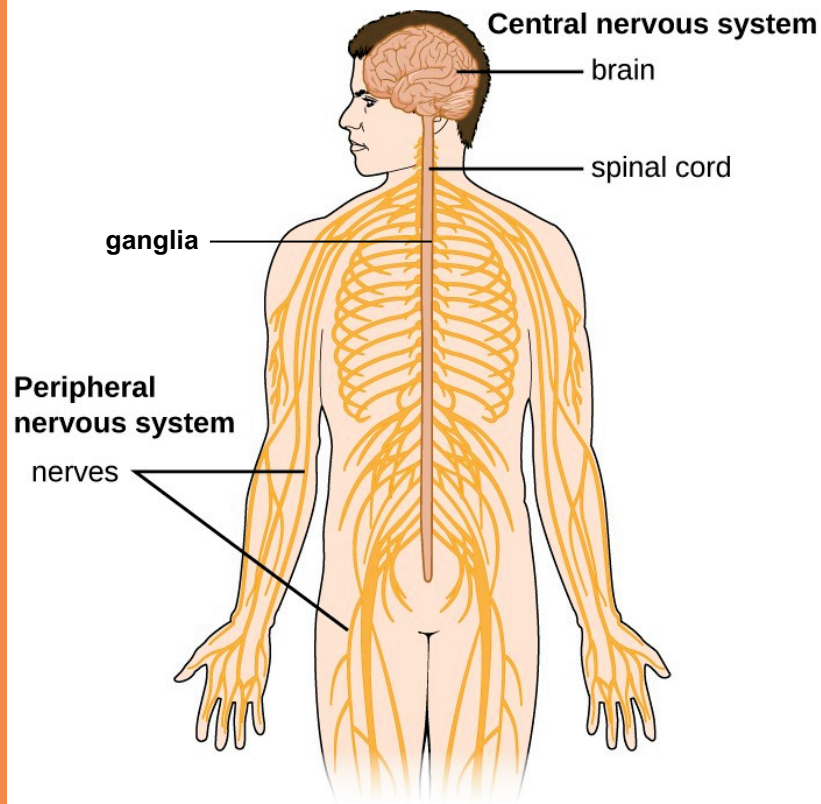
HOW PAIN AFFECTS MY BODY

Nervous System

- Our body has an alarm system known as the **nervous system**.
- The nervous system is made up of **brain, spinal cord, nerves, and ganglia** that spread from the spinal cord to the rest of the body.
- When we get a paper cut or touch something hot, our alarm system tells us we are in pain.



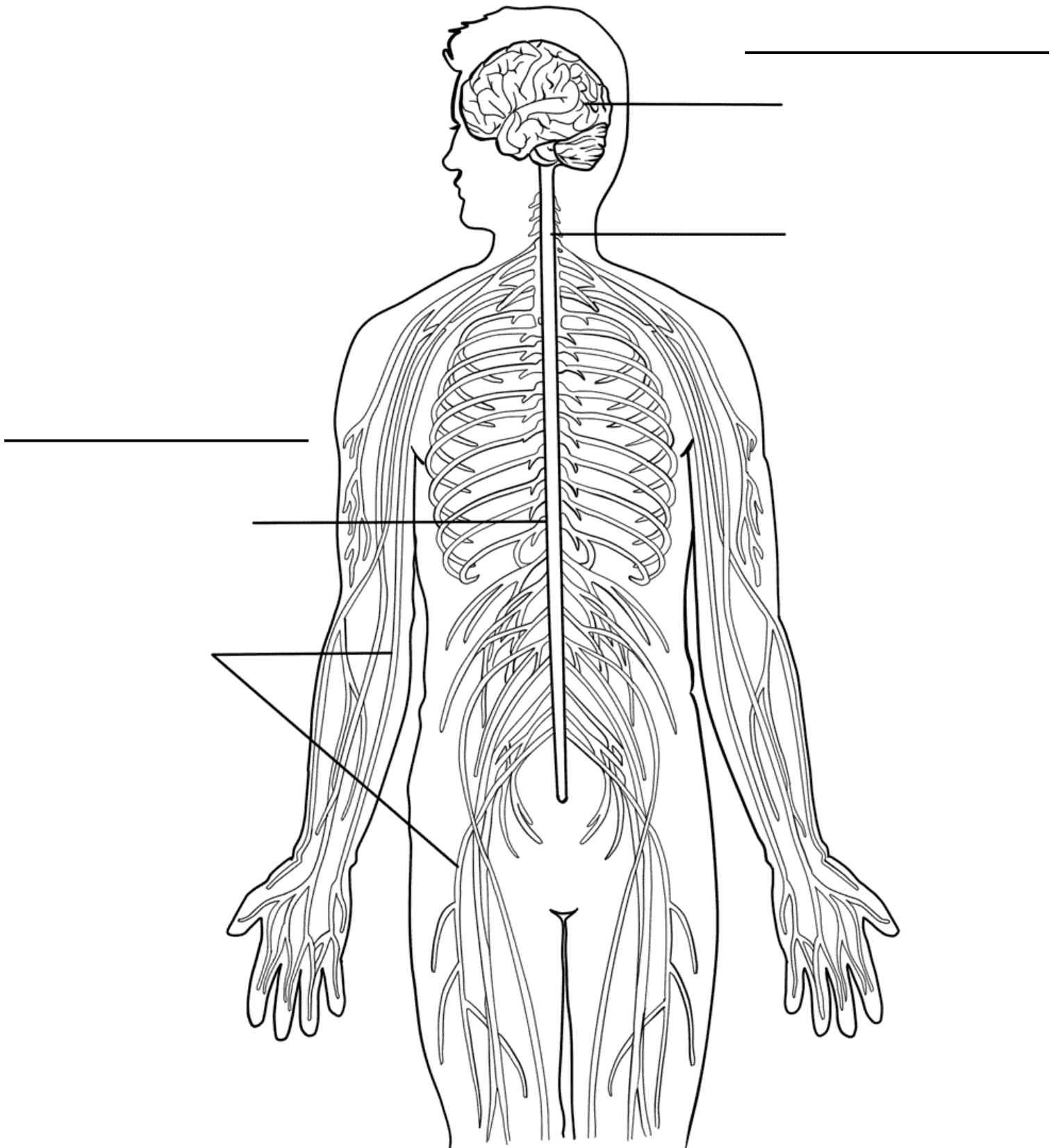
- When our wound is healing, the pain gets better every day. The nerves stop sending messages to our brain, and the alarm system turns off.



Transition to Chronic Pain

- When we feel pain for a long time, the alarm system does not stop.
- The alarm system can be triggered by **any** physical or mental signal.
- **Pain can increase when we are worried, stressed, tired, or doing daily activities like cooking or cleaning.**
- It is possible to retrain your nervous system to manage symptoms and improve pain.

Label the Nervous System



WORD BANK

brain

ganglia

nerves

central nervous system

spinal cord

peripheral nervous system

HOW PAIN AFFECTS MY BODY

Pain Cycle

Pain can affect almost all parts of our lives. **Sleep**, **mood**, **activity**, and **energy** can all be changed by pain and make pain harder to handle. This is known as the pain cycle. Learn more about the pain cycle below.

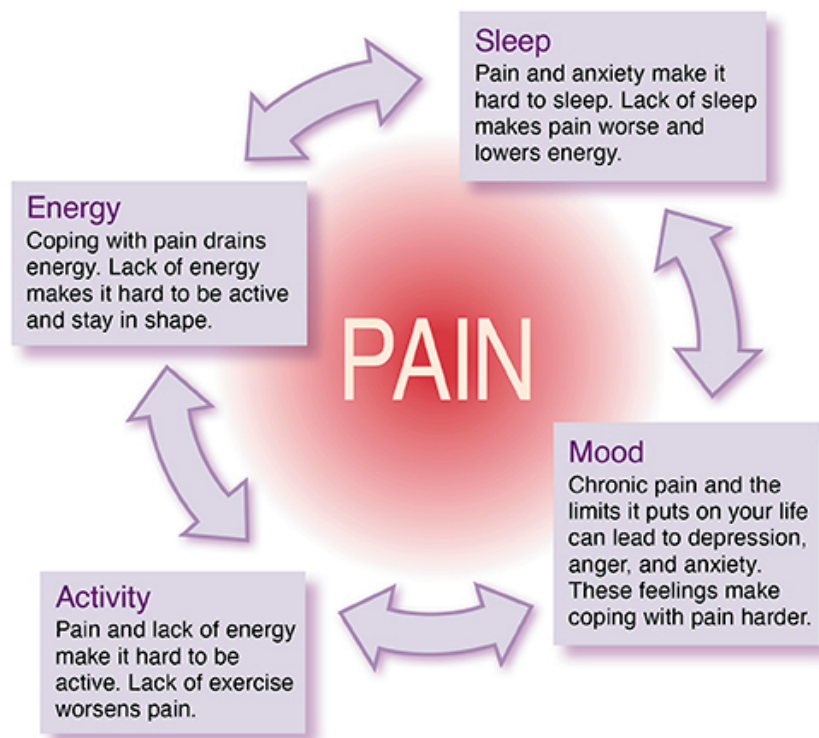


Image adapted from *The Cycle of Chronic Pain*. Krames Patient Education – A Product of StayWell. (n.d.). Retrieved July 5, 2022, from <https://vanortherncalifornia.kramesonline.com/Search/3,S,85785>

Chemical Messengers

Our brain produces "feel good" chemicals that are like medicine that help decrease pain, anxiety, depression, and improve mood and sleep.

- Endorphins
- Serotonin
- Dopamine
- Oxytocin

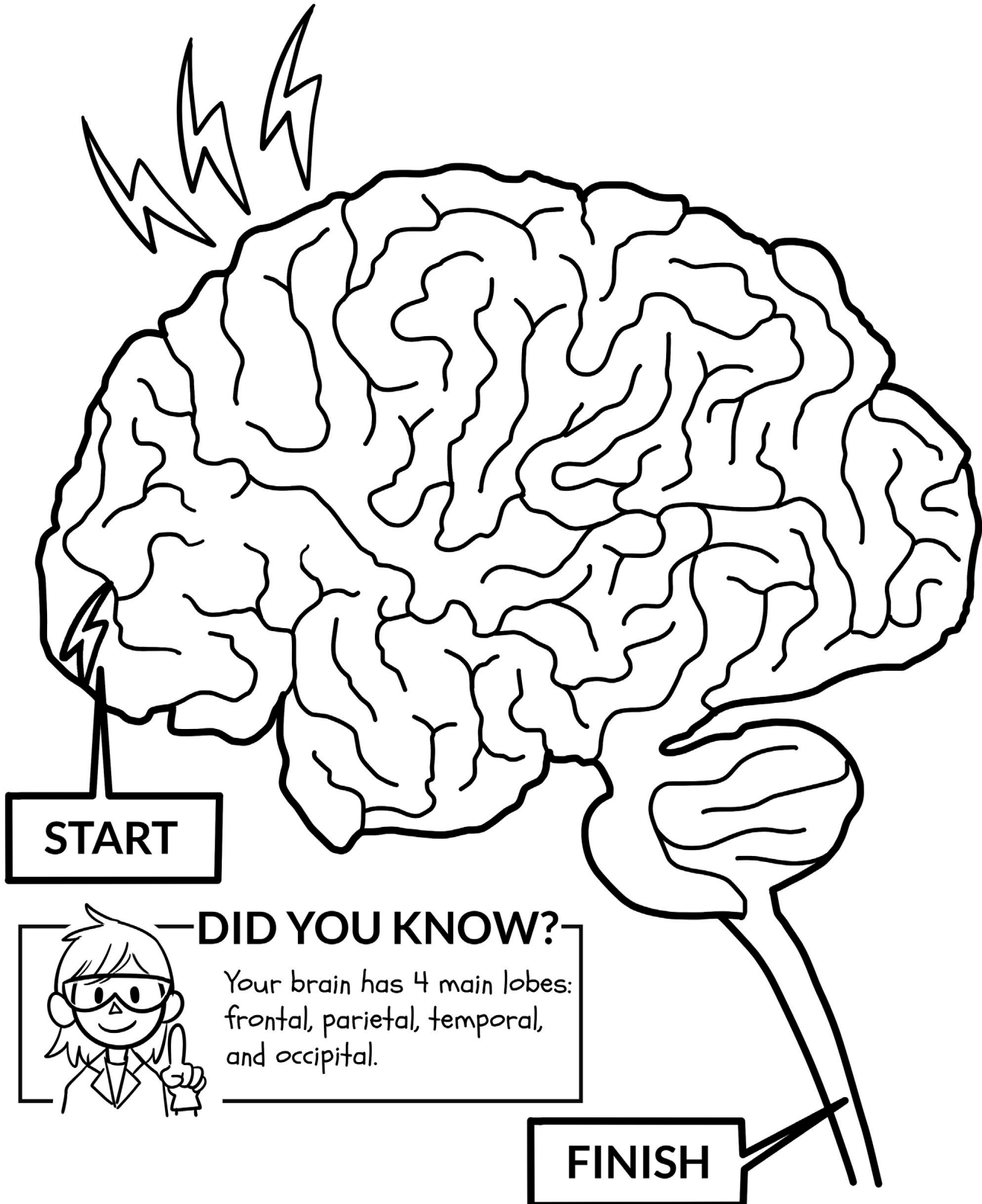
To help our brains make these chemicals we can try to:

- Engage in movement
- Talk with friends
- Play with animals
- Laugh
- Complete a goal
- Listen to music



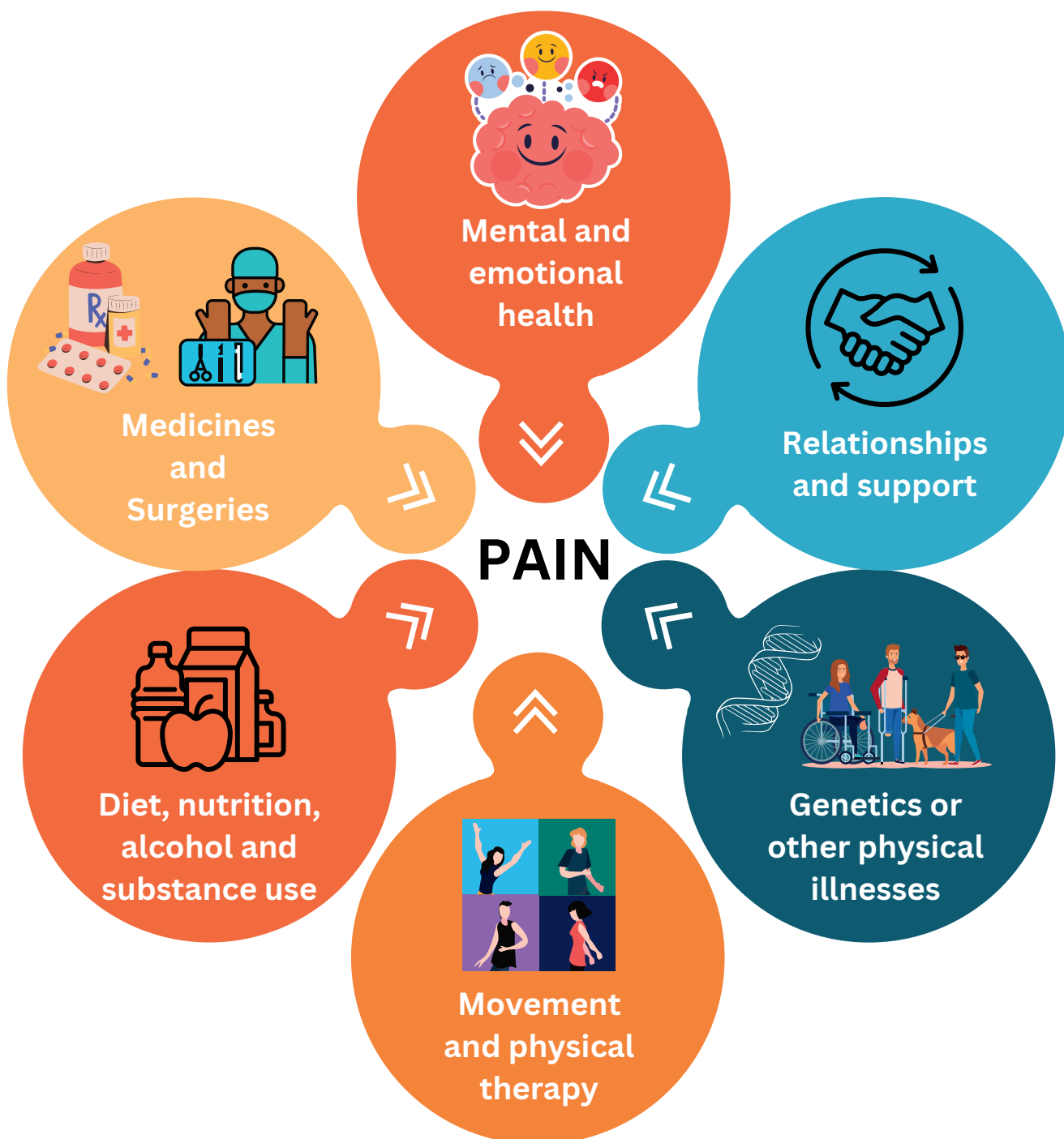
ELECTRICAL SIGNALS

Your brain communicates with the rest of your body using tiny jolts of electricity. Can you trace the signal through the brain and down the brainstem? Don't run into the walls!



KNOW YOUR PAIN

- Pain comes and goes daily and weekly.
- When you learn more about your pain, you'll know what improves it and what makes it worse.
- Below are everyday things that may affect your pain.



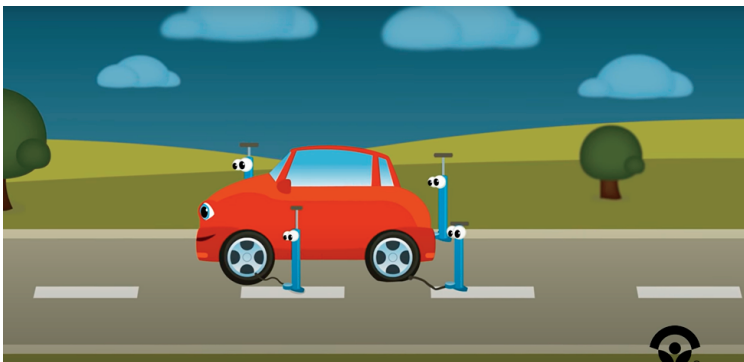
MULTI-MODAL APPROACH

The best way to manage your pain involves using different strategies together. Work together with your healthcare team to find the best treatment that works. Think of this as putting together your *pain toolbox* or *pain management recipe book*.

Car with 4 Flat Tires Analogy

- Think of having pain the same as driving a car with four flat tires.
- When our tires are flat, we will not get very far, and damage our wheels along the way. Apply this visual to our bodies in pain.
- Medications only fill up one tire. It is important to use other ways to fill up the rest of our tires to get our bodies "back on the road."

LEARN MORE BY WATCHING THE VIDEO BELOW.



Scan the QR code to watch the video



YouTube link:

<https://www.youtube.com/watch?v=QWcr9J3MLfo>

The *Car with 4 Flat Tires* analogy was adapted from The American Chronic Pain Association

MULTI-MODAL APPROACH

Multi-Modal Approach to Pain Management

Some things you can do to help with your pain can include:

- Eating healthy foods
- Tracking your pain
- Setting goals
- Making routines
- Getting better quality/more sleep
- Exercising
- Finding Community
- Doing something relaxing
- Practicing deep breathing
- Trying distraction activities



Build Healthy Lifestyle Habits

- **Healthy** lifestyle habits can help decrease pain and improve your quality of life.
- The next several pages will help to explore small things you can do to create and sustain a healthy lifestyle.

Find the PAMI *Healthy Lifestyle* Brochure here



We encourage you to talk to a healthcare professional before making any new lifestyle changes.

TIPS TO GETTING GOOD SLEEP

- Pain and **sleep** are closely related to each other.
 - The pain you feel during the day affects how you sleep.
 - Having a bad night's **sleep** can make you feel more sensitive to pain the next day.
- How well do you sleep?

How to Improve Sleep

Try: ✓

- Creating a routine; Doing the same things before bed
- Going to bed at the same time
- Waking up at the same time
- Using the bed for sleeping only
- Creating a dark, cool room when sleeping
- Exercising during the day or at least 2-3 hours before bed

Avoid: ✗

- Watching TV in your bedroom
- Using electronic devices before bedtime
- Taking afternoon naps
- Eating heavy, fatty, or sugary foods before bed
 - i.e. chocolate, fried food, desserts
- Drinking caffeinated drinks 4 hours before bed



Watch PAMI's
presentation:
*Sleep 101: How
and Why to Sleep
Better*



Create a Bedtime Routine

On the next page, circle all the parts of your perfect bedtime routine. Make sure to choose something from each group! After that, return to this page and write down the steps in the order you want to do them. Also, think about why each step is important to you.

☐

Why? _____

☐

Why? _____

☐

Why? _____

☐

Why? _____

☐

Why? _____

☐

Why? _____

☐

Why? _____

☐

Why? _____

Make a commitment to yourself

Signed: _____ Date: _____

Circle all of the components of your ideal bedtime routine

**TAKE
CARE OF
YOUR
BODY.**

stretch

use
aromatherapy

*use a sound
machine*

Wash face

Read

**SET OUT
TOMORROW'S
CLOTHES**

remove
makeup

give thanks

review
tomorrow's
schedule

take a
warm
bath

**REVIEW
GOALS**

*turn off
electronics*

brush
teeth

**CENTER
YOURSELF**

**ADJUST YOUR
ENVIRONMENT**

comb
hair

*Have a warm
caffeine-free
drink*

straighten
up
bedroom

**Listen
to
music**

meditate

*practice
deep
breathing*

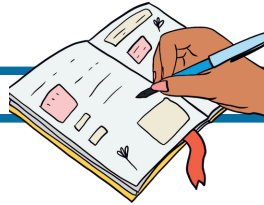
make a
journal
entry

**CHILL
OUT AND
RELAX**

repeat
affirmations

TRACKING OUR PAIN

- It is important to **track** your pain.
- When you learn more about your pain, you can find patterns in your life, or foods you eat, that may increase or decrease your pain.
- Knowing what makes your pain better or worse, puts *you* in control to manage your pain better.



Pain Journal

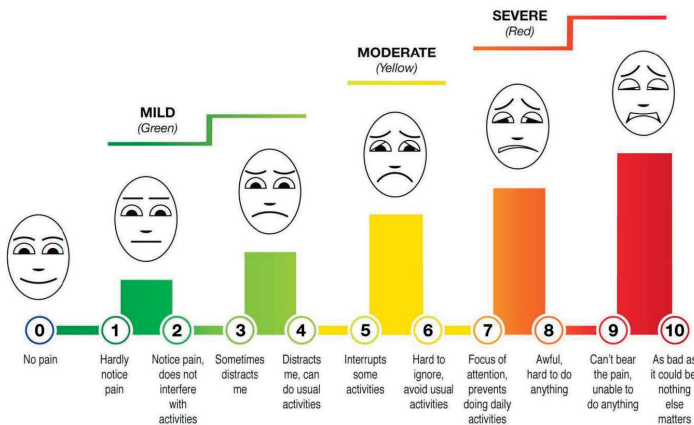
- A **pain journal** is a useful way to track your pain journey and questions!
- **Important things for you to track may include:**
 - Are you experiencing new pain or recurring pain? Is it off and on, or constant?
 - Is your pain limiting any of your daily activities (work, school, etc.)?
 - What changes have you noticed in your daily sleep quality? Do you have trouble falling and/or staying asleep?
 - What have you used to help reduce your pain? (ice, heat, medication, etc.)
 - What factors do you think contribute to your pain or stress?
 - What foods might be triggering your pain/discomfort? (sugar, salt, meat, alcohol, etc.)
- **Questions to ask your healthcare team (doctor, nurse, pharmacist, etc.) may include:**
 - Medication questions: names, when to use, doses, side effects, refills
 - Questions about your disease or condition/expected length of pain
 - Home pain plan: accommodations for work/school, follow-up, appointments, etc.
- **Other helpful uses of a pain journal can include:**
 - Gratitude/Listing what you are thankful for
 - Goal setting

TRACKING YOUR PAIN

Pain Scales

- When you visit your doctor, you may be asked to rate your current pain level.
- There are many different pain scales. It is important to use the same scale throughout your journey.
- Two of the most common adult pain scales are:
 - *Defense and Veterans Pain Rating Scale (DVPRS)*
 - *The Numeric Pain Rating Scale*

Defense and Veterans Pain Rating Scale



DoD/VA PAIN SUPPLEMENTAL QUESTIONS

For clinicians to evaluate the biopsychosocial impact of pain

1. Circle the one number that describes how, during the past 24 hours, pain has interfered with your **ACTIVITY**:

0 1 2 3 4 5 6 7 8 9 10
Does not interfere Completely interferes

2. Circle the one number that describes how, during the past 24 hours, pain has interfered with your **SLEEP**:

0 1 2 3 4 5 6 7 8 9 10
Does not interfere Completely interferes

3. Circle the one number that describes how, during the past 24 hours, pain has affected your **MOOD**:

0 1 2 3 4 5 6 7 8 9 10
Does not affect Completely affects

4. Circle the one number that describes how, during the past 24 hours, pain has contributed to your **STRESS**:

0 1 2 3 4 5 6 7 8 9 10
Does not contribute Contributes a great deal

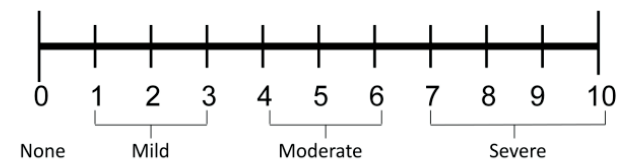
*Reference for pain interference: Cleeland CS, Ryan KM. Pain assessment: global use of the Brief Pain Inventory. Ann Acad Med Singapore 23(2): 129-138, 1994.

v 2.0

The Numeric Pain Rating Scale Instructions

Patient Instructions (adopted from (McCaffery, Beebe et al. 1989):

"Please indicate the intensity of current, best, and worst pain levels over the past 24 hours on a scale of 0 (no pain) to 10 (worst pain imaginable)"



Find more pain assessment tools and scales on the PAMI website



Track your pain for the next 7 days on the table on the next page.

TRACKING YOUR PAIN

Day of the Week	Pain Scale Rating 0-10	Today my pain was (circle best answer below) than usual.	Events or activities that helped my pain today	Events or activities that caused my pain today
Sunday		<input type="radio"/> Much worse <input type="radio"/> A little worse <input type="radio"/> The same <input type="radio"/> A little better <input type="radio"/> Much better		
Monday		<input type="radio"/> Much worse <input type="radio"/> A little worse <input type="radio"/> The same <input type="radio"/> A little better <input type="radio"/> Much better		
Tuesday		<input type="radio"/> Much worse <input type="radio"/> A little worse <input type="radio"/> The same <input type="radio"/> A little better <input type="radio"/> Much better		
Wednesday		<input type="radio"/> Much worse <input type="radio"/> A little worse <input type="radio"/> The same <input type="radio"/> A little better <input type="radio"/> Much better		
Thursday		<input type="radio"/> Much worse <input type="radio"/> A little worse <input type="radio"/> The same <input type="radio"/> A little better <input type="radio"/> Much better		
Friday		<input type="radio"/> Much worse <input type="radio"/> A little worse <input type="radio"/> The same <input type="radio"/> A little better <input type="radio"/> Much better		
Saturday		<input type="radio"/> Much worse <input type="radio"/> A little worse <input type="radio"/> The same <input type="radio"/> A little better <input type="radio"/> Much better		

My Food and Beverage Diary

A food diary allows you to keep track of what and when you eat and how it makes you feel.

Monday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Tuesday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Wednesday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Thursday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Friday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Saturday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Sunday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Notes:

Learn more at https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html



30-DAY

Healthy Eating Challenge



Share what you have for breakfast	Snacking on fruits	Try a new fruit	Swap sports drinks with water	Eat together as a family
Eat fruits first	Meal-plan outside	Self-serve dinner	Skip soda	Set up your own dinner bar
Try a new veggie	Cook with your kids	Get a new kitchen gadget	Stick to your grocery list	Eat healthy snacks
Shop at farmer's market	Cook veggies a new way	Skip dessert	Eliminate dairy	Try a new dinner recipe
Read food labels	Fill up on fiber	Go meatless	Eat more pulses	Bake with whole wheat flour
Eat ugly produce	Eat mindfully	Try green smoothie bowl	Avoid salt	Eat whole grains



DIET AND NUTRITION

Healthy Eating

- Eating a balanced diet is important to lower inflammation, manage pain, and support our health.
- Some people have specific dietary needs. Make sure to discuss any changes in your diet with your healthcare provider.
- There are 5 food groups that make up a balanced meal. See them on the chart below.
- Plan your meals to save time and money and to have more control over what you eat.
 - Try this out on the meal planner on the next page

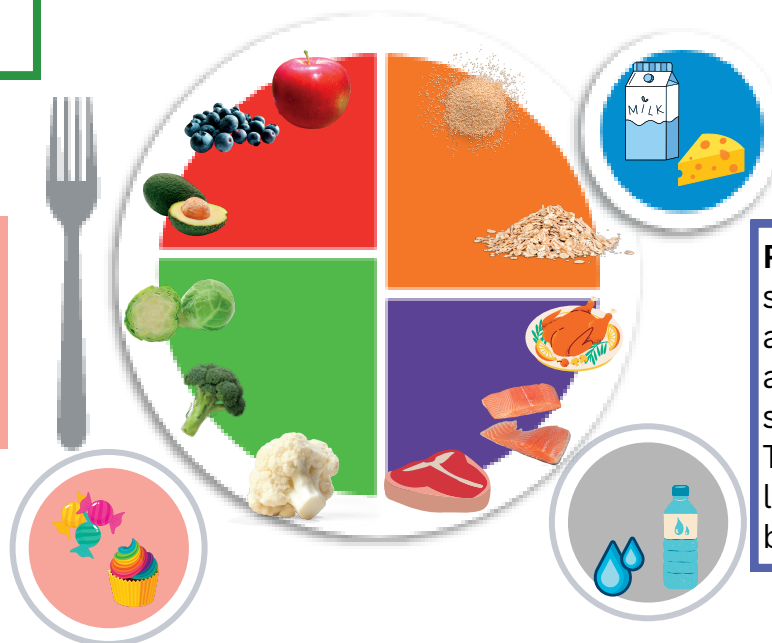
Fruits and vegetables:

Can be fresh, frozen, canned or dehydrated. Try making a smoothie, vegetable stir fry, or adding vegetables to eggs.

Grains: Made from wheat, rice, oats, cornmeal, or barley. Try to add whole grains to your plate, like whole wheat breads, pastas, or brown rice.

Dairy: Options include milk, cheese, and yogurt. Try non-dairy options like fortified soy, oat, almond, or coconut milk or yogurt.

Sugars: Try to lower your sugar intake by eating fresh fruits and vegetables. Try drinking water instead of soda.



Proteins: Made from seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts, seeds, and soy products. Try to eat lean protein, like fish or chicken breast.

Water: Water is the best choice. Coffee and tea, without added sweeteners, are better choices, too. Try to limit drinks like juice, milk, soda, diet drinks, and alcohol.



www.myplate.gov



Harvard's *The Nutrition Source*

ANTI-INFLAMMATORY DIET

Anti-inflammatory *diets* can help reduce pain, inflammation, and stiffness caused by painful conditions such as arthritis and reduce the risk of illnesses including cancer, heart disease, and diabetes.

Learn more about foods that fight inflammation and how to include them in your diet.

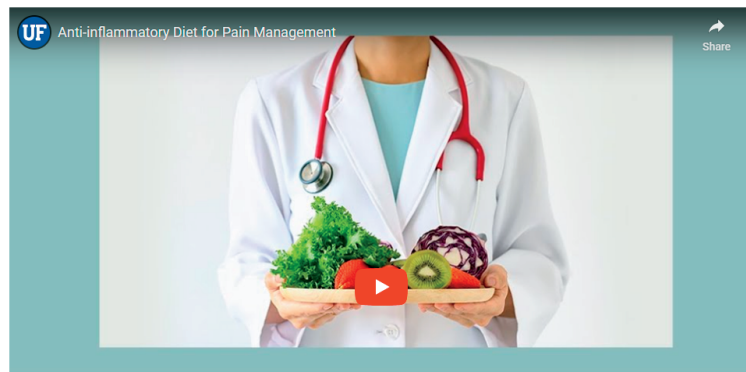
Foods that Fight Inflammation

Harvard Medical School



Watch this presentation about nutrition and the relationship between food and pain.

Anti-Inflammatory Diet for Pain Management





MEAL PLANNER

Plan your meals by filling your plate with choices from each food group, keeping your special dietary needs in mind.



MONDAY

TUESDAY

WEDNESDAY

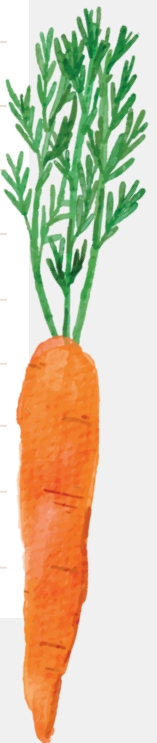
THURSDAY

FRIDAY

SHOPPING LIST

SATURDAY

SUNDAY



How much water did I drink?



Learn how much water you should drink every day – Cleveland Clinic



NAME: _____

DATE: _____

HEALTHY FOOD WORD FIND



k a l e f c l b h e c y l o a t s g
b j a t a a t l n y h y i p r r w a
x v s o l r w u y a i y p r x p f v
k d p m m r a e x c a t d t q o u o
m a a a o o l b b u s v i l d t l c
c t r t n t n e u c e o s r x a e a
y u a o d s u r i u e n a g w p n d
j n g e s e t r a m d p l x q p t o
l a u s o j s i k b s t m f s l i s
b i s e z a h e a e j q o g a e l w
i d l j f f z s m r p v n i z s s c
l z q u x b r o c c o l i f v j i c

blueberries

chia seeds

asparagus

avocados

broccoli

cucumber

salmon

kale

tuna

oats

tomatoes

almonds

walnuts

carrots

lentils

apples



GOAL SETTING

- **Goal setting** helps us focus on what is important and gain confidence in managing our pain.
- Small changes can make a difference in your ability to do what you need and want to do.
- Goal setting can help you:
 - stay organized
 - focus on what is important
 - stay motivated
 - gain confidence
- It is important that goals are personal and meaningful to you. Some examples may include:
 - improve my sleep
 - have more fun in life
 - spend time with family/friends
 - move my body more
 - learn skills to relax
 - hold pets



Pacing and Routines

- **Pacing** is important. It creates a regular schedule that takes your pain into account but is not ruled by your pain. It leaves enough time to rest and recover.
 - After you practice pacing and live a balanced schedule for a while, you might find you can do activities that pain previously prevented.
- **Routines** are calming and help reduce anxiety.
 - Daily and weekly activities should include things you enjoy while leaving enough energy to do your chores.

Goal Setting

Goals	Actions to Take
	Motivations
Steps	Potential Problems
Progress Tracker	

SPOON THEORY

- The **Spoon Theory** is a way to explain what it's like living in pain.
- People living with pain often have limited energy, represented by spoons.
- Spoons are used to show how much energy each task requires.
- Doing too much in one day can leave you short on spoons for the next day.

**Imagine, in one day,
you have 12 spoons.**

**Activities during the
day use up some of
your 12 spoons.**

**You can use more than
12 spoons in a day, but
this will be deducted
from the next day's
spoons.**

**Wash your spoons to
use again!
Sleep, eat, be gentle to
yourself, and draw on
support from loved
ones!**

If you only had 12 spoons per day, how would you use them?

Take away 1 spoon if you didn't sleep well last night, forgot to take your medications, or skipped a meal.

Take away 4 spoons if you have a cold or flu.

More overwhelming activities will use more spoons.

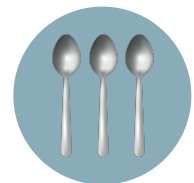
See examples below



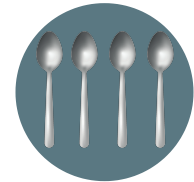
- get out of bed
- get dressed
- take pills
- watch TV



- bathe
- style hair
- do a craft
- read/study



- make & eat a meal
- make plans & socialize
- light housework
- drive somewhere



- go to work/school
- go shopping
- go to an appointment
- exercise



MOVE, STRETCH, EXERCISE

Exercising or moving your body can have many health benefits such as losing weight, improving stress, and helping reduce pain.

START SLOW Try walking around your neighborhood before or after a meal for 10-15 minutes.	
	MAKE IT FUN Invite a friend or group of people to join you. Play a podcast or music you enjoy while you exercise
PICK AN ACTIVITY YOU ENJOY Try walking, dancing, yoga, tai chi, or call a local gym or community center to see what they have to offer	
	BUILD MOVEMENT INTO THE DAY Park farther from a building entrance or take the stairs, if possible
STAY CONSISTENT It takes time to build a habit! Try planning out ways to stay active each week	

UF Health's Artists in Residence and Integrative Therapy Practitioners created guided meditations, breath work, and gentle movement exercises that benefit health and well-being. Access these resources by scanning the QR code.



Talk to your doctor about what kinds of activities and how much of them are good for you! Ask if your insurance or Medicare plan provides wellness discounts at local facilities such as the YMCA or others.

EXERCISE ACTIVITY

Instructions: Write the activity under the pictures.



















*Watch Ease of Movement:
Dance for Pain Management*

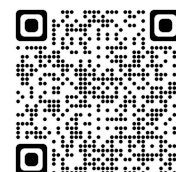


COMMUNITY

Chronic pain is a potentially debilitating disease. It is important for people who experience chronic pain to have a support network, whether its friends, family, or simply someone to relate to.



You are not alone. As a program of the U.S. Pain Foundation, *Pain Connection* offers a national network of support groups. Visit their website at painconnection.org



INTEGRATIVE THERAPIES

Examples of integrative therapies for pain include:

- Acupuncture/Acupressure
- Aromatherapy
- Cold therapy
- Distraction
- Guided Imagery
- Heat therapy
- Laughter
- Massage
- Music
- Physical Therapy
- Relaxation Techniques
- Virtual Reality

Music has been shown to help reduce pain and the use of pain killers.

What kind of music do you like?

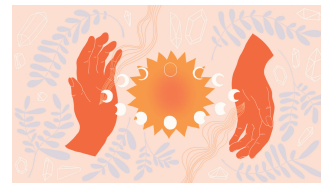
Music Therapy Apps You Can Try Out Today

1. **Humm.ly** easy-to-use app with music and meditations picked by music therapists.
2. **Calm** was ranked the #1 app for Sleep, Meditation and Relaxation, with over 100 million downloads.
3. Choose from existing playlists or create your own on **Apple Music, Google Play, or Spotify.**

Listen to your favorite playlists while you practice deep breathing, imagery, or expressive movement.



Reiki is an ancient form of Japanese traditional healing that promotes relaxation, reduces stress and anxiety, and promotes a positive mental state through gentle touch. Reiki self-treatment is a way to benefit from the therapy in your own home.



Learn self-Reiki and partner-Reiki as a Reiki master guides you through common hand positions of Reiki



*For more information on how to use some of these therapies
Find the PAMI Managing Pain
Brochure here*



Ask your doctor about what nonpharmacologic pain management techniques are right for you. Be sure to talk to your doctor before you start any of these techniques.



WAYS TO RELAX

Your alarm system can go off when are you in pain, worried, stressed, anxious, or for other reasons. It is important to be aware of things that can help you relax when your alarm goes off.

Try these ways to relax



Find the *PAMI Pain and Stress Management* Brochure here



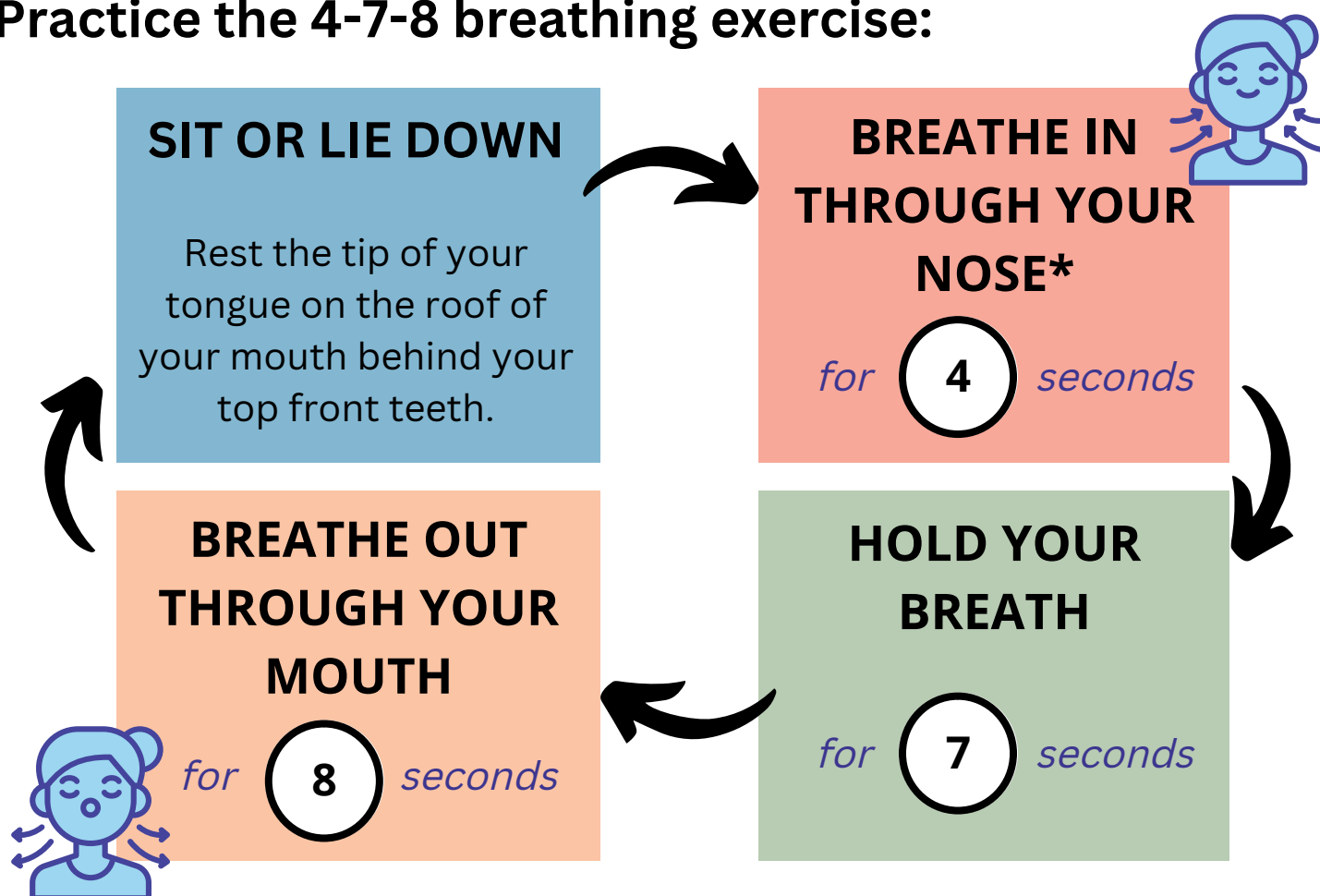
DEEP BREATHING

When you practice **deep breathing** often, it will help you when you are stressed. Your body will learn how to add it into your go-to stress response. Make sure to fill your belly with air when you breathe in.

Deep breathing can:

- Calm your mind
- Reduce stress and anxiety by calming your body
- Help you sleep
- Help your body respond to stress better

Practice the 4-7-8 breathing exercise:



Include aromatherapy in your deep breathing exercises. **Find more about Aromatherapy here**



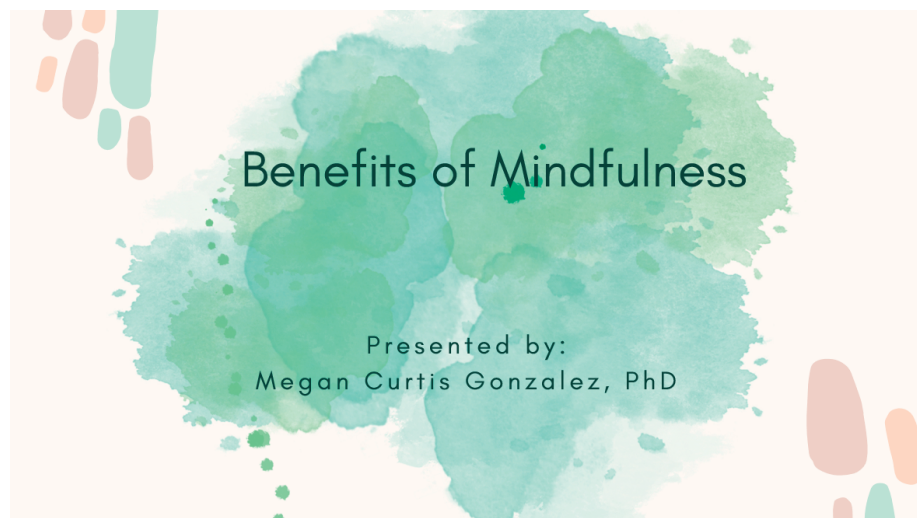
MINDFULNESS, MEDITATION, & IMAGERY

- **Mindfulness** is the ability to be present, to rest in the here and now, fully engaged with whatever you're doing in the moment.
- **Meditation** is a way to help your mind feel clear and calm. It helps boost well-being by:
 - reducing stress and anxiety, and improving self-awareness
 - helping to trigger the release of endorphins
 - lowering cortisol and inflammation
- **Imagery** is the use of relaxation and mental visualization to improve well-being and inflammation.



PAMI's Benefits of Mindfulness and Meditation

presentation provides insight on what is mindfulness and the benefits of mindfulness and meditation. Learn how to incorporate mindfulness into your daily routine.



ADDITIONAL RESOURCES



Are Nutrient Deficiencies Contributing to Your Pain?



Managing Pain Through Journaling



Myofascial Release Massage for Pain Management

Managing Chronic Pain With Myofascial Release

Presented by Darly Thoppil, OTR/L



Veteran Administration's



"Complementary And Integrative Health," for pain management



healthyminds innovations®

Healthy Minds Innovations offers podcast-style lessons and several meditations. Learn about the brain and develop new skills for a healthier, happier you.



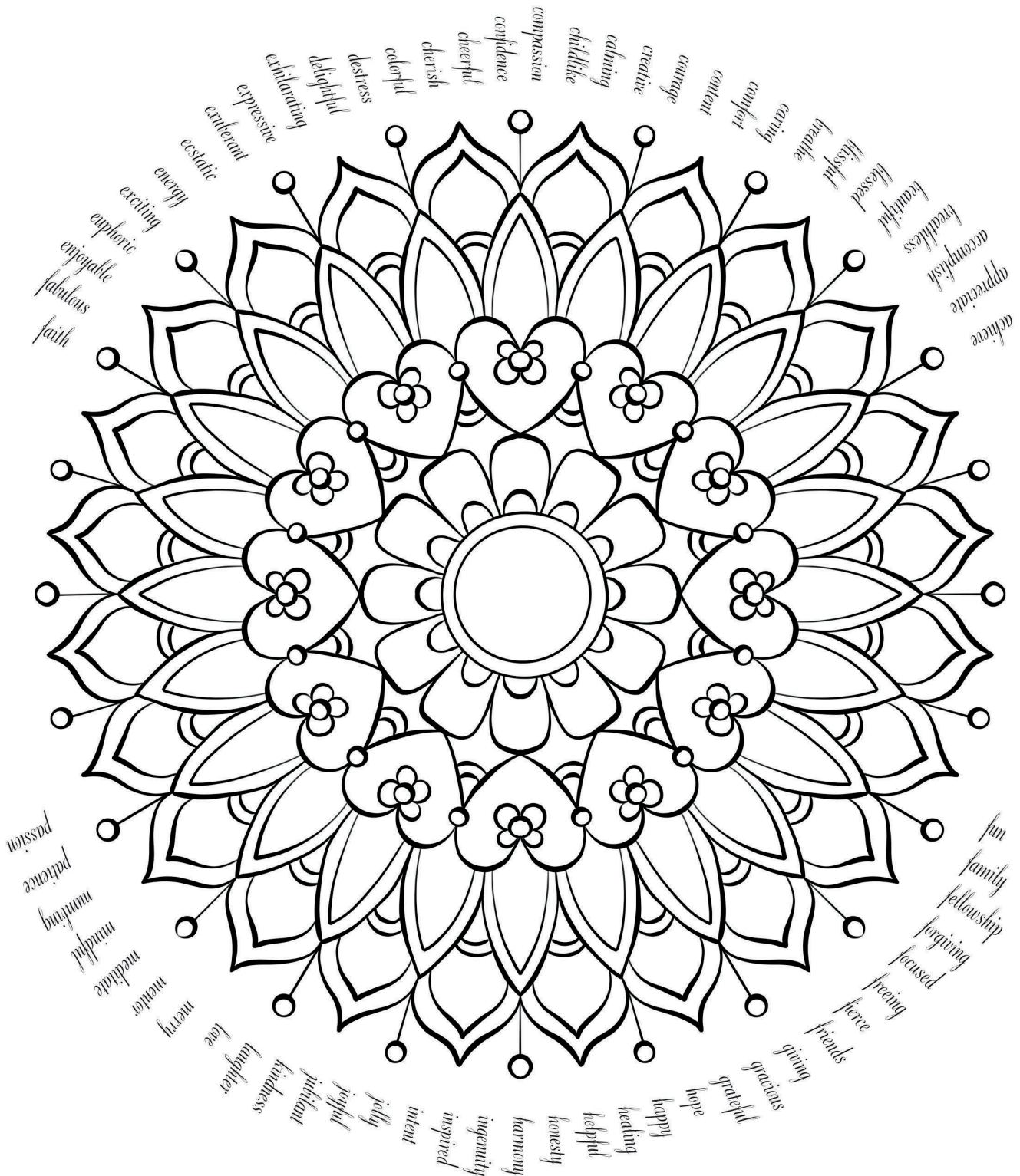
Once you have a better idea what is going on inside your body, there are several actions you can take to improve the quality of your own life. Learn more by visiting Michigan Medicine's Resources page.



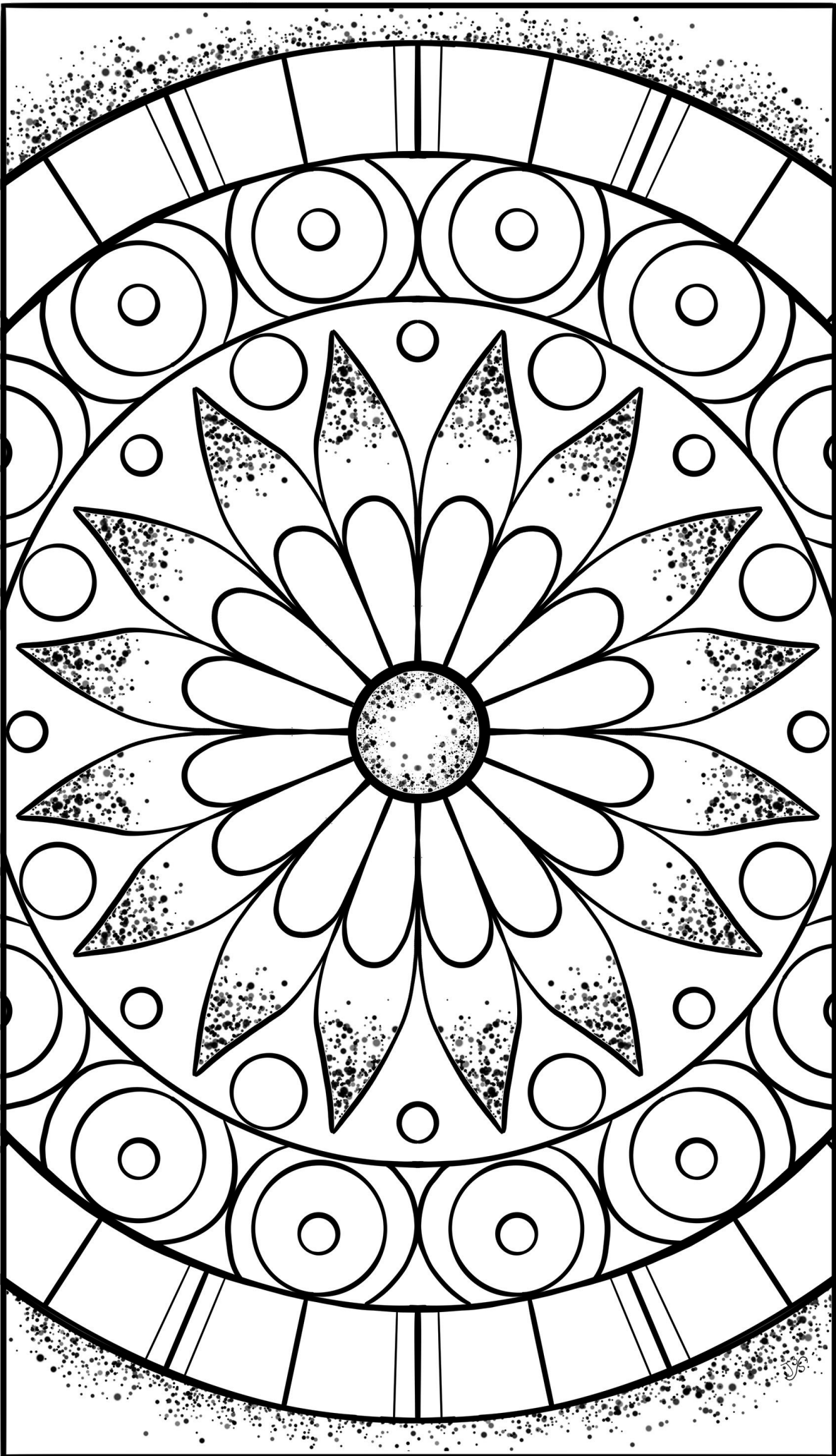
COLORING

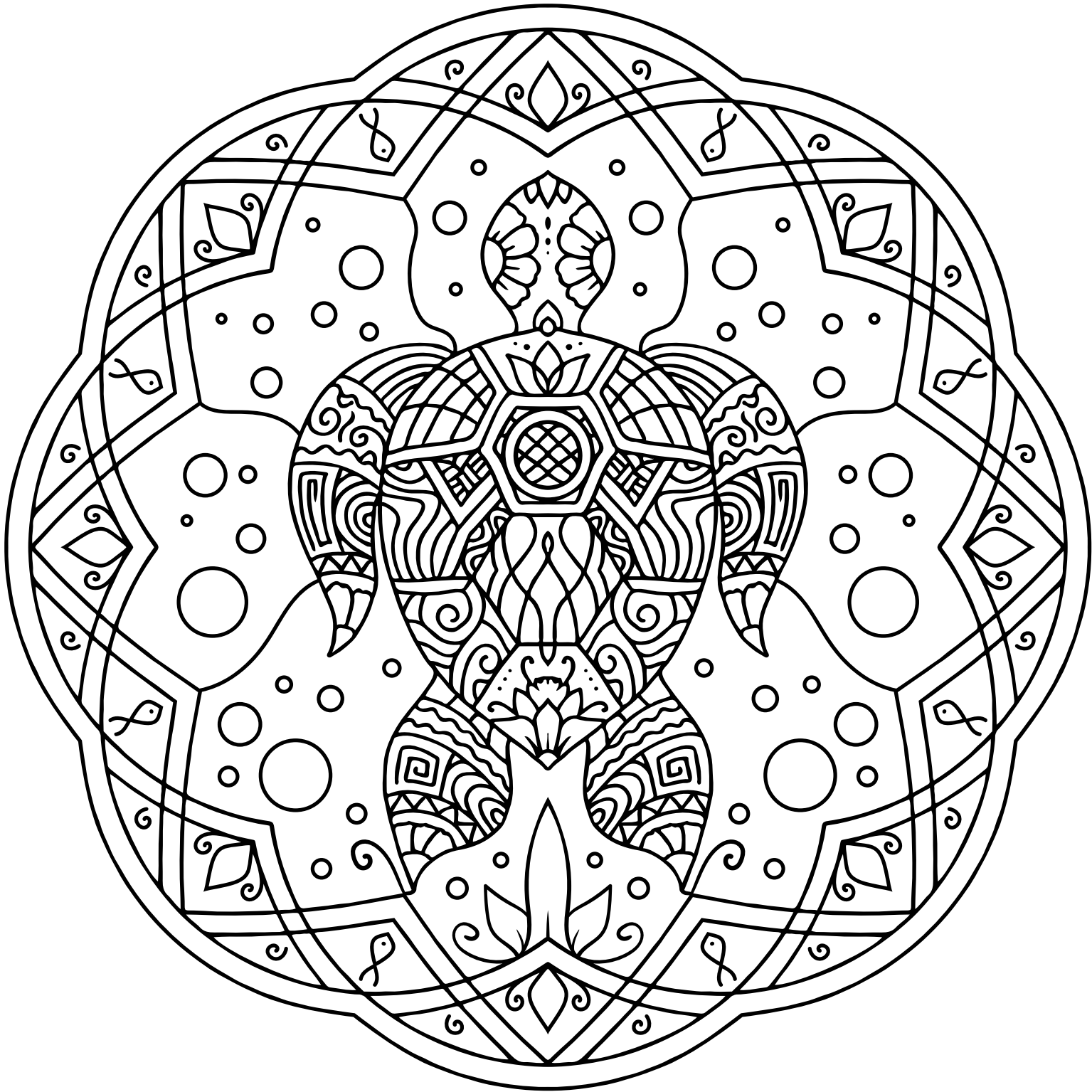
Coloring can be a great *distraction* when you are in pain. For some people it can be relaxing. Try it out!

OLORINGBLISS.COM



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Playing games can also be a great distraction when you are in pain. Some games can be played alone, others need a partner. Some popular games are included below.

1		8			6	4		
		6		9		8		7
5								
2	6	9	5				8	
			4		9			
	8				2	7	9	1
								5
6		4		7		2		
		1	2			9		3

The goal of Sudoku is to fill the empty cells with numbers from 1 to 9 so in each row, in each column and in each small 3 × 3 square, every number appears only once.



Tic-Tac-Toe

Players: 2
Decide who will be X, and who will be O. Take turns marking your space, and try to get three in a row – across, down, or diagonally.

Winner: _____

Winner: _____

Winner: _____

Winner: _____

Winner: _____

Winner: _____

Winner: _____

Winner: _____

Winner: _____



Magic Squares

Name: _____ Date: _____

Fill in grids so that each column, row and diagonal add up to the given sum.

The sum is 34.

			1
	11		14
3	10		
	5	9	4

The sum is 102.

48			
	30	33	24
			36
	45	42	3

The sum is 136.

		48	4
8			56
	40		
	20	36	16

The sum is 102.

	42		
36	21	18	
24	33		
39			48

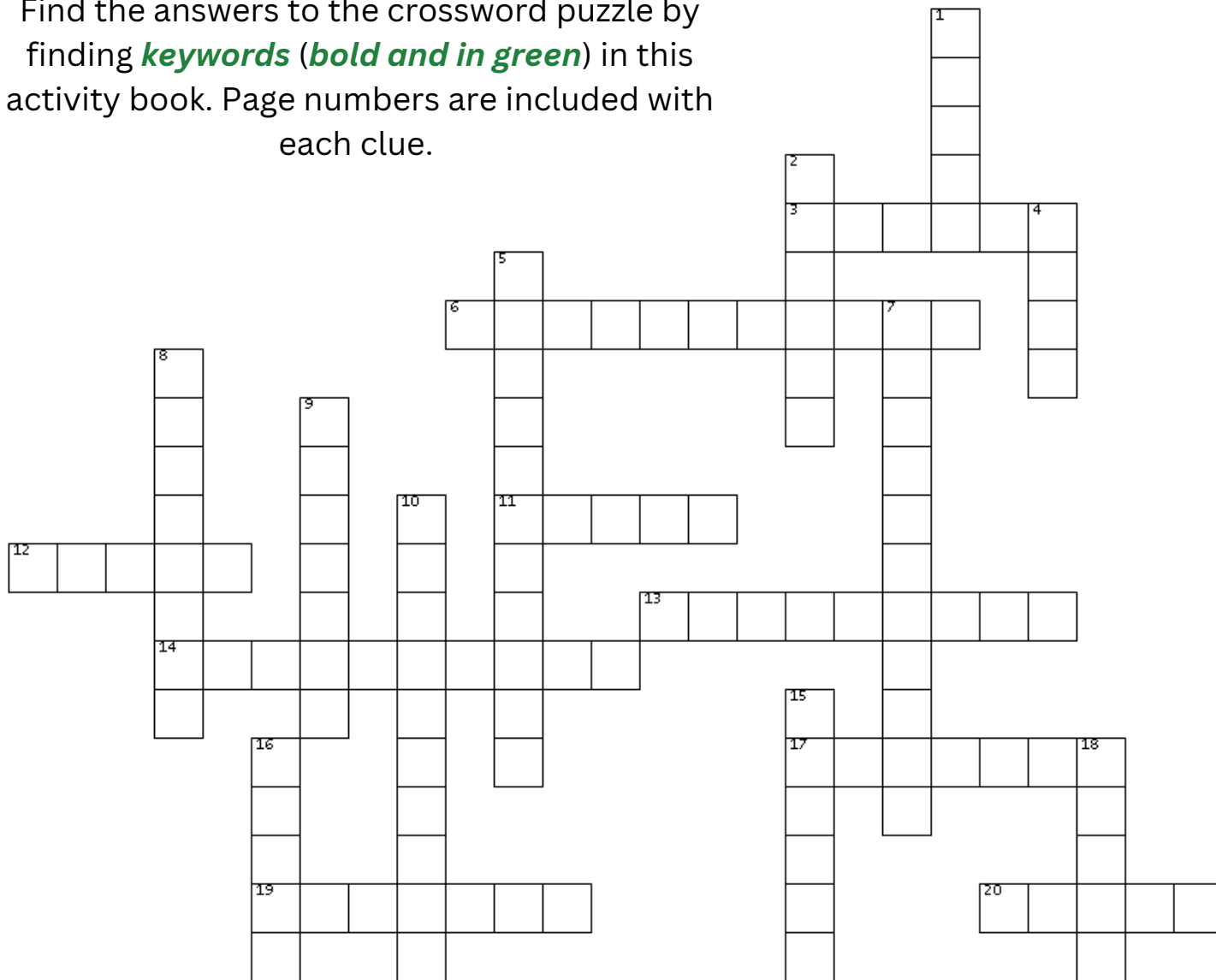
A fun way to practice mindfulness everyday...



Mindfulness Bingo

Wake up and set an intention for the day	Breathe deeply	Eat deliberately	Speak honestly	Cultivate compassion
Relate kindly to yourself and others	Listen wholeheartedly	Write 3 Good Things about your day before going to sleep	Love fully and allow your heart to expand	Live purposefully, as if Now is all you have
Embody self-love. Practice walking with confidence, or sitting engaged	Listen to, and/or make, music that inspires you.	FREE SPACE	Express yourself: Write your thoughts, draw your feelings, dance!	Take a break from technology
Show appreciation	Take time each day to reflect	Look up from your screen & stretch.	Get lost in the flow of doing what you love	Connect with your senses
Reside fully in the moment, be here now	Think freely and challenge negative self talk	Notice your thoughts without judgement	Declutter one space	Go to sleep 7-8 hours before you need to wake-up

Find the answers to the crossword puzzle by finding **keywords** (***bold and in green***) in this activity book. Page numbers are included with each clue.



ACROSS

3. is important. It creates a regular schedule that takes your pain into account but is not ruled by your pain. (p. 22)
6. ____ is the ability to be present, to rest in the here and now, fully engaged... (p. 31)
11. ____pain is a normal response that alerts the body that something hurts (p. 1)
12. ____has been shown to help reduce pain and the use of pain killers. (p. 28)
13. When you practice deep ____ often, it will help you when you are stressed. (p. 30)
14. ____ or moving your body can have many health benefits such as losing weight, improving stress... (p. 25)
17. Our body has an alarm system known as the ____system. (p. 3)
19. ____pain continues after the injury or illness has healed (p. 1)
20. Anti-inflammatory ____ can help reduce pain, inflammation, and stiffness caused by painful conditions. (p. 19)

DOWN

1. ____ is an ancient form of Japanese traditional healing (p. 28)
2. The nervous system is made up of brain, ____ cord, nerves, and ganglia. (p. 3)
4. setting helps us focus on what is important and gain confidence in managing our pain. (p. 22)
5. Coloring can be a great ____ when you are in pain. (p. 33)
7. The ____ is a way to explain what it's like living in pain. (p. 22)
8. are calming and help reduce anxiety. (p. 22)
9. ____ is the use of relaxation and mental visualization to improve well-being and inflammation. (p. 31)
10. ____ is a way to help your mind feel clear and calm. (p. 31)
15. Sleep, mood, activity, and ____ can all be changed by pain and make pain harder to handle. (p. 5)
16. It is important to ____ your pain. (p. 13)
18. Having a bad night's ____ can make you feel more sensitive to pain the next day. (p. 9)

Answers to activities

Sudoku

SOLUTION

1	9	8	7	5	6	4	3	2
3	2	6	1	9	4	8	5	7
5	4	7	3	2	8	1	6	9
2	6	9	5	1	7	3	8	4
7	1	3	4	8	9	5	2	6
4	8	5	6	3	2	7	9	1
9	3	2	8	4	1	6	7	5
6	5	4	9	7	3	2	1	8
8	7	1	2	6	5	9	4	3

Magic Squares

SOLUTION

The sum is 34.

13	8	12	1
2	11	7	14
3	10	6	15
16	5	9	4

The sum is 102.

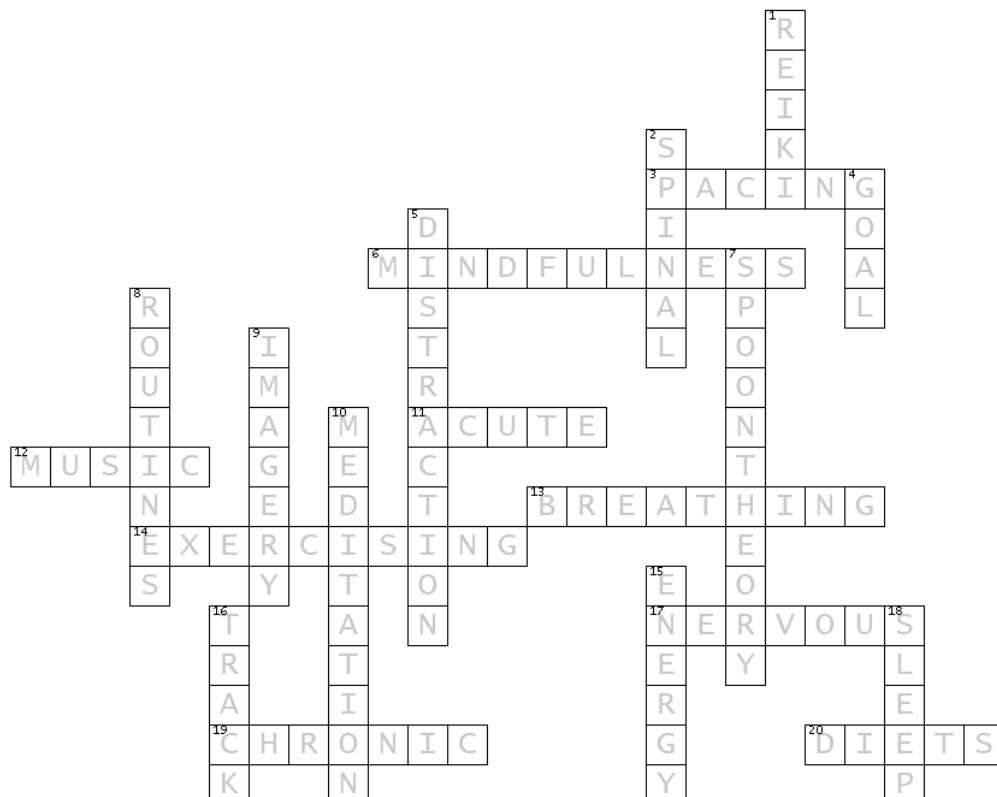
48	9	6	39
15	30	33	24
27	18	21	36
12	45	42	3

The sum is 136.

52	32	48	4
8	44	28	56
12	40	24	60
64	20	36	16

The sum is 102.

3	42	45	12
36	21	18	27
24	33	30	15
39	6	9	48



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Pain Assessment and
Management Initiative

Contact us

Phone: 904 - 244 - 4986

Email: pami@jax.ufl.edu

Website: pami.emergency.med.jax.ufl.edu

Search us using:
@ufpami



**Scan the QR code to visit
our website:**

