



2026 EDITION



8-Week Workshop: Workbook

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Name

Pain S-E Questionnaire (PSEQ)

Name: _____ Date: _____

Please rate how confident you are that you can do the following things **at present, despite the pain**. To indicate your answer, mark one of the numbers on the scale under each item, where 0 = not at all confident and 6 = completely confident.

For example:

◀ Not at all confident		Completely confident ▶				
0	1	2	3	4	5	6
☐	☐	☐	☒	☐	☐	☐

Remember, this questionnaire is not asking whether or not you have been doing these things, but rather **how confident you are that you can do them at present, despite the pain**.

	◀ Not at all confident		Completely confident ▶				
	0	1	2	3	4	5	6
1. I can enjoy things, despite the pain.	☐	☐	☐	☐	☐	☐	☐
2. I can do most of the household chores (e.g., tidying-up, washing dishes, etc.), despite the pain.	☐	☐	☐	☐	☐	☐	☐
3. I can socialise with my friends or family members as often as I used to do, despite the pain.	☐	☐	☐	☐	☐	☐	☐
4. I can cope with my pain in most situations.	☐	☐	☐	☐	☐	☐	☐
5. I can do some form of work, despite the pain ("work" includes housework, paid and unpaid).	☐	☐	☐	☐	☐	☐	☐
6. I can still do many of the things I enjoy doing, such as hobbies or leisure activities, despite the pain.	☐	☐	☐	☐	☐	☐	☐
7. I can cope with my pain without medication.	☐	☐	☐	☐	☐	☐	☐
8. I can still accomplish most of my goals in life, despite the pain.	☐	☐	☐	☐	☐	☐	☐
9. I can live a normal lifestyle, despite the pain.	☐	☐	☐	☐	☐	☐	☐
10. I can gradually become more active, despite the pain.	☐	☐	☐	☐	☐	☐	☐

Please read this while you are waiting for class to begin.

Alberta Moving on with Persistent Pain is a Red Deer Primary Care Network program designed by health professionals in the fields of pharmacy, psychology, nursing, nutrition, social work, recreation therapy and kinesiology with the support of family doctors.

It is an 8 week program that empowers you to improve your ability to function and your quality of life. Each week you will learn new skills that will help you to manage your pain. We will challenge you to try the skills out during the week. You will discover a few skills that you find work the best for you. You have the biggest influence over your journey through your everyday choices.

To get the most out of this workshop:

- Make the program your priority.
- Practice the weekly skills.
- Make these skills a part of your life moving forward.
- Attend all classes.

“We recognize that everyone in the program is starting at a different place; some of you might already be involved in various activities while some of you may find it hard to get out of the house. This program is tailored to improve your life from where you’re at. We understand you may be frustrated and may have been dealing with this for many years. This program is not a quick fix, but we are here to support you and help you along the way. Please keep an open mind as these concepts may be new to you.”

This section outlines how to start each session and introduces key concepts that will be used throughout the workshop.

Self Check-in: "Are You Stuck In Honey?"

At the beginning of every week there will be a **Self Check-in**, participants have the opportunity to reflect on their own experiences of practicing the skills from the previous week. **"Are You Stuck In Honey?"** gives participants the chance to address any barriers for them to practicing the skills from last week and consider making changes to allow for more practice time.

Check-in: One Positive Thing

After the **Check-in**, we offer a **Group Discussion** by asking, "What was One Positive Thing you experienced, by practicing the skills from last week." This can be done by asking this question for each skill or as a general question. Allow your time, your group needs, and group dynamics to be your guide.

Mindful Moment

Just before we start our weekly content, we offer a new mindfulness practice called **Mindful Moment**. This is strategically placed at the beginning of each week to help ground us and prepare us for our session.

Mind-Body Connection and Approach to Activity

These sections make up the core teaching content of each session. They include a combination of lectures, activities, and the occasional video.

Exercise of the Week

Each week introduces a new exercise for participants to learn and try. Facilitators are encouraged to support and motivate participants to engage in the exercises or participate in some form of movement. Incorporating physical activity is a key component in building activity tolerance, improving strength, and helping to reduce pain.

What Stung?

This section invites participants to reflect honestly on anything from the session that felt uncomfortable, frustrating, or hard to accept. It encourages non-judgmental self-awareness and helps participants explore why something may not have sat well with them. This can lead to deeper insight and support personal growth.



Check-out

The Check-out is the final reflection point for each session. Participants complete this section in their workbooks by choosing one specific skill, idea, or intention to focus on during the upcoming week. This helps support ongoing practice and accountability between sessions.

We acknowledge the many First Nations, Métis and Inuit who have lived in and cared for these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us.



Housekeeping

- Each class will have a **Vitality Break** – this is a chance to refresh yourself – walk around, use the facilities and get some water.
- Bring your **Alberta Moving on with Persistent Pain** workbook each week.
- Please turn off your cell phone or put it on silent/vibrate.
- You can bring snacks and drinks. Please dispose of your garbage. Please inform your facilitators of any allergies you may have.
- Avoid wearing fragrance.
- Bathroom and water cooler location.
- Relevant parking information.
- Give a workshop facilitator a thumbs-up if you need to leave the room before a break so they know that you are okay. If you are gone for more than 5 minutes, one of the facilitators will come to check on you.
- Children are neither permitted to come to class nor be left with administration staff.

Group Guideline

- Treat other group members with the same courtesy that you would like to receive.
- Make yourself comfortable stand up, lie down, bring supports from home such as a heating pad etc.
- If there will be someone in the room observing, we will let you know prior to them being in the room.
- We encourage participation in class, but private conversations are discouraged until break so that you don't miss out on learning. These conversations can be very distracting to others; we want to be respectful to all participants.
- Verbal or physical attacks on the other clients or facilitators will not be tolerated in the group. Please use your skills to manage angry urges. Anyone who violates this rule will be asked to leave the group for that day and will be called to discuss relevant consequences.
- Other:

Is there anything else that will help you feel more comfortable or safe in the group?

Group Informed Consent Participation

Welcome to the **Alberta Moving on with Persistent Pain** workshop. We are excited to work and learn with you over the next few weeks. We want you and other group members to have a positive experience during this workshop. We ask you to review the participant responsibility, confidentiality, virtual attendance (if this applies to you), participation, and evaluation. Then, sign the following consent form, if you haven't already. Please feel free to ask the facilitator if you have a question.

Consent to Participate

I, _____, I consent to participate in the workshop and am aware that these workshops collect data for evaluation purposes.

_____	_____
Client/guardian signature	Facilitator's signature
_____	_____
Date	Name of Clinic
_____	_____
Client PHN	Location of Clinic

Name of Family Doctor	

Information on this form is collected under the authority of section 33(c) of FOIP and/or section 20 (b) of HIA (pursuant to sections 27.1 and 27.2 of HIA) for the purposes of providing health services and carrying out planning and resource allocation, health system management, public health surveillance and health policy development.

For more information about the collection of information on this form, please contact the Executive Director, Red Deer Primary Care Network at **403.343.9100**.



Confidentiality (Protections and Limitations)

- ★ All information shared by the participant will be kept confidential within the group.
- ★ A letter will be sent to your physician about your participation in the workshop and kept on your medical file. If you don't agree, a report won't be sent.
- No information will be released to any other party except when:
 - There is a risk of harm to the participant or others,
 - There is a risk of harm to a child or other vulnerable person,
 - A lawyer subpoenas the records for a court case.

Attendance

- Please make every effort to attend on time. If you must come late please slip in quietly and take a seat.
- If you miss a workshop, review the material you missed prior to the next workshop.
- Let the facilitator know if you will be late or miss a workshop.
- If you miss more than 2 classes, please consider registering for the next workshop.
- You may withdraw from the group at any time.
- ★ If you don't wish to remain in a group, discuss the potential benefit of other resources with the facilitators.
- ★ If you require individual support for your situation, you can speak to your facilitators at a break.

Virtual Attendance

- No picture taking or recording.
- Put video on so we can all see you.
- Be in a private location to keep confidentiality for all in the group.
- If you have something you want to discuss privately, please use the direct chat function with one of the facilitators. You can also request a phone call during break or after class if you prefer.

Participation

- To get the most benefits and growth from our groups, try the activities, participate in discussions, and do homework. Use "I" language when sharing rather than advice giving.
- Some topics may be uncomfortable. You have the option to decline to answer a question or take part in an activity. Feel free to discuss this with your facilitator.
- Have private conversations at break rather than during the workshop.
- Safety is of utmost importance, therefore verbal or physical harassment to others will not be tolerated. Anyone who violates this rule will be asked to leave the group and will be called by a facilitator to discuss expectations for returning.
- Refrain from trauma sensitive sharing. We all have different experiences, and we want a safe place for all.

Evaluation

RDPCN conducts evaluation of all workshops. Your involvement and feedback help us ensure high quality workshops.

- All evaluations are voluntary.
- Any information provided, will be kept confidential.
- All information collected from the workshop will be aggregated into reports. No individual participants will ever be identified. Comments that participants provide about the program may be used for reporting purposes but will not be used in any way that can identify individual participants.
- In order to show progress and as part of the care provided by the RDPCN, it may be necessary to communicate aspects of the evaluation with your family physician.

The Purpose of Pain

The **overall goal** of our program is to **reduce the impact the pain has on your life**, allowing you to do the things you need to do and want to do. This means improving daily function and reducing the physical and emotional suffering that comes from living with persistent pain.

Pain has a **purpose to protect our bodies** from **actual** and potential damage. The pain provides a **protective buffer** to keep our body tissues safe. It is a normal response to danger, and is **always real no matter what causes it**.

What started the pain is rarely the same thing that keeps it going, and understanding this difference is the first step toward healing. Pain that continues beyond 3 months is due to a complex process involving the body, nervous system and brain causes the pain system to become overprotective and hypersensitive. It is almost as if the body “remembers” the painful experience and continues to act on high alert. This can prevent you from doing the things that are actually helpful for recovery. The longer you have pain, the more sensitive the pain system can get. We refer to this as “pain hypersensitivity” and will continue to use this term throughout the workshop.

Meet Billie

Billie is 44 years old and has had a “bad back” for years. Her friends call her BBB (Bad Back Billie). She blames her basketball days and her last childbirth she has two children. In the last two years, Billie’s pain has worsened and spread to both sides of their back, sometimes into her groin. She now also gets some stomach “eruptions” and she often has a “cloudy head.”

Billie had reduced her work hours. She has put on weight. She gets stressed more easily, is less social and is not sleeping as well as she used to. Her partner now does the shopping and helps with the cleaning. The current state of the world worries her; she feels it might even make her back worse.

An X-ray showed “disc degeneration,” “disc narrowing,” “osteophytes” and some “arthritis.” She was annoyed at her GP who said it was all normal for someone in their 40s! Her blood tests were normal. She has had two MRIs that showed “disc bulges” and some other problems she can’t quite remember.

Billie takes pain killers from the pharmacy and anti-inflammatory pills. She is trying a new medication called Gabapentin but it “hasn’t agreed with her.” She thinks that cannabis oil helped for a while but is not sure. Her doctor lent her a book called *Explain Pain*. She read it in one day but didn’t think it was relevant to her problem.

Billie gets some pain relief for a couple days from her physiotherapist. She says she is now depressed and is losing hope that she will find the cause of her back pain and fix it. She is nervous about doing too much physical work because her back pain flares up easily and she doesn’t want to make the problem worse.

(Mosley, L., et al., 2024, p. 4)

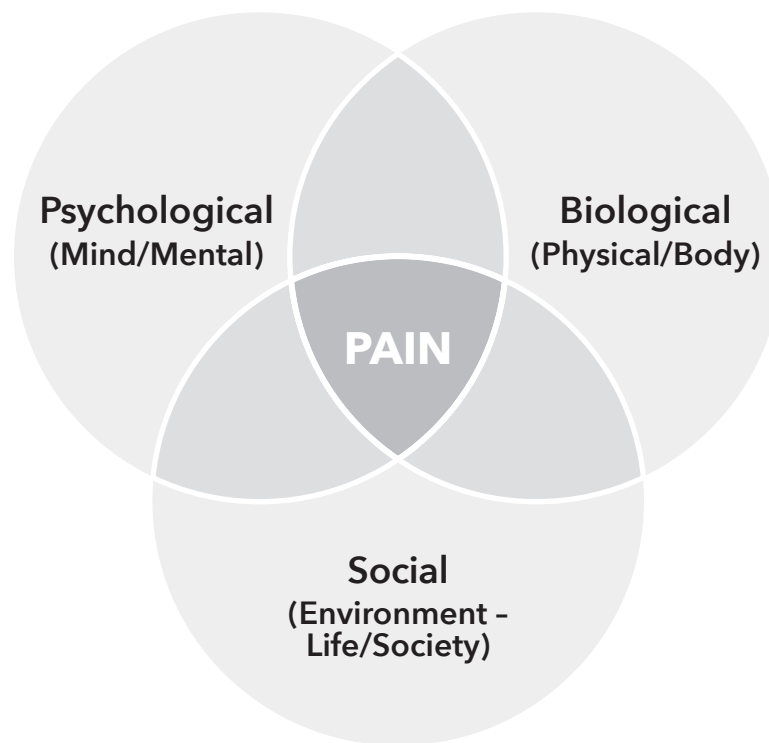


Participant Note:

Biological (Physical/Body)
Psychological (Mind/Mental)
Social (Environment - Life/Society)

Mind-Body Connection: Biopsychosocial Model

It emphasizes that health and disease are best understood – and treated – by looking at the whole person, not just the physical symptoms. This model is used because science is clear that **psychological** and **social** factors cause real changes to our **biology**.



Now let's refer back to Billie's story, we're going to take a few minutes to reflect on what's really going on in her experience with persistent pain.

One of the key models we use to better understand chronic pain is the biopsychosocial model. This model reminds us that pain isn't just about physical damage or injury, it's also shaped by emotional, psychological, and social factors

Identify at least one factor from each domain – **biological**, **psychological**, and **social** – from Billie's story (p. 12). You can do this by:

- Highlighting each factor in a different colour
- Or using the chart provided to write them out under the appropriate headings

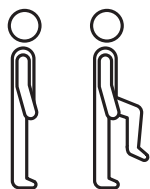
Biological Factors (Physical/Body)	Psychological Factors (Mind/Mental)	Social Factors (Environment - Life/Society)

Gentle Movements and Stretches

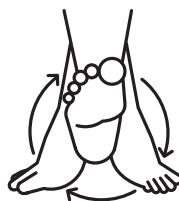
Work up to doing each exercise of your choosing 8 times. Begin with 1-2 exercises and continue to add an exercise every 1-2 weeks. Consistency is key.

Lower Body

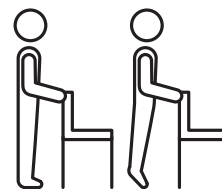
Marching in Place



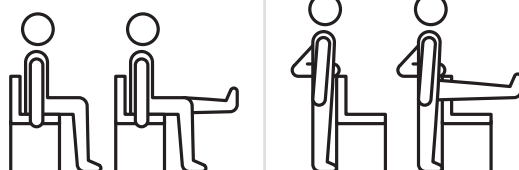
Ankle Circles



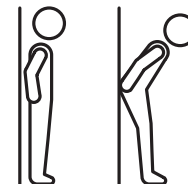
Heel/Toe Raises



Leg Extension/Leg Lift

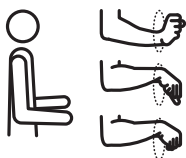


Hip Hinge

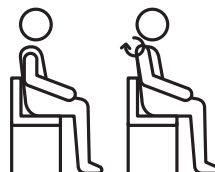


Upper Body

Wrist Circles



Shoulder Rolls



W Pose



Reach Up, Reach Out, Give Yourself a Hug



Approach to Activity: Pushing Through and Wait Until

The Pushing Through Approach

What activities do I tend to push through?

What are the thoughts that you have associated with pushing through?

The Wait Until Approach

What activities do I wait until?

What are the thoughts that you have associated with wait until?

Mindful Moment: Readiness to Change

“How open-minded are you to a new approach to [persistent pain] that is based on training your brain and your body, and to the possibility that over time your pain, and your life, can significantly improve?”

Circle the response that best matches your thoughts.



I am not interested in this treatment approach.



I am quite confident that this approach won't work because my pain is different from most.



I am prepared to learn more about this approach before deciding.



I am definitely interested and will give it a try.



I am fully ready and raring to go!

(Moseley, L. et al. (2024). *Resolve Back Pain*, Noigroup Publications. p. 5.)

Remember that change is not only possible, it is inevitable.

- Moseley, L., et al., 2024

If you're ready for change – that's wonderful. If you're not quite ready but would like to stay, you are still very welcome here. And if you feel this group may not be the right fit right now, please feel free to speak with your facilitator after class.

What Stung? and Check-out

You will now have some time to reflect on today's content using the **What Stung?** section, review the **Check-out** prompts, and begin planning one specific thing you'll focus on between now and next week.



What Stung?

Sometimes a topic, idea, or activity might stir up frustration, doubt, or discomfort – and that's okay. Use this space to reflect on anything from today's session that rubbed you the wrong way, made you feel annoyed, angry, skeptical, or just didn't sit right.

This is your chance to notice those reactions without judgment and think about what they might be telling you.

You might ask yourself:

- What came up for me during this session?
- Why might I have reacted that way?
- What thoughts or beliefs were touched on?



Check-out

What is one thing you learned today about how your body responds to pain?

What is one insight or idea from today that you're taking home with you?

Over the next week, take note of how you approach activities. Are you "pushing through," or are you "waiting until"? Try to write down what you notice.

If you feel this class is not for you or you need additional support, do not disappear. Come and see your facilitator before you leave.



Reminder

Please bring your workbook and name tag next week. If you did not finish all of your questionnaires this week, please finish the incomplete one(s) and return them next week.

[illegible]

Self Check-in

Welcome Back

You can refer to your **Week 1 Check-out** on p. 17.

Did I learn anything new about how my pain system might be overprotective? ☐ Yes

☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Do I feel more aware of how my body and brain respond to pain? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Did I practice the exercises from last week? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Reflection

Ask yourself these questions to help set you up for a successful week of practicing.

"Are You Stuck In Honey?"

We recognize that creating new habits can be difficult. If you didn't do one or all of the skills during the week, ask yourself:

What got in the way?

What needs to change?



“It does not matter how slowly you go, as long as you do not stop.”

- Confucius



Mindful Moment: Shape Breathing

Mindfulness can help us experience the **present moment**. We will continue to introduce you to new practices so that you have many mindful tools by the end of this workshop.

There is significant research that shows the benefit of having a regular breathing practice. Breathing can slow down your thoughts, soothe our bodies and bring us to the present moment. This is a way of caring for ourselves.

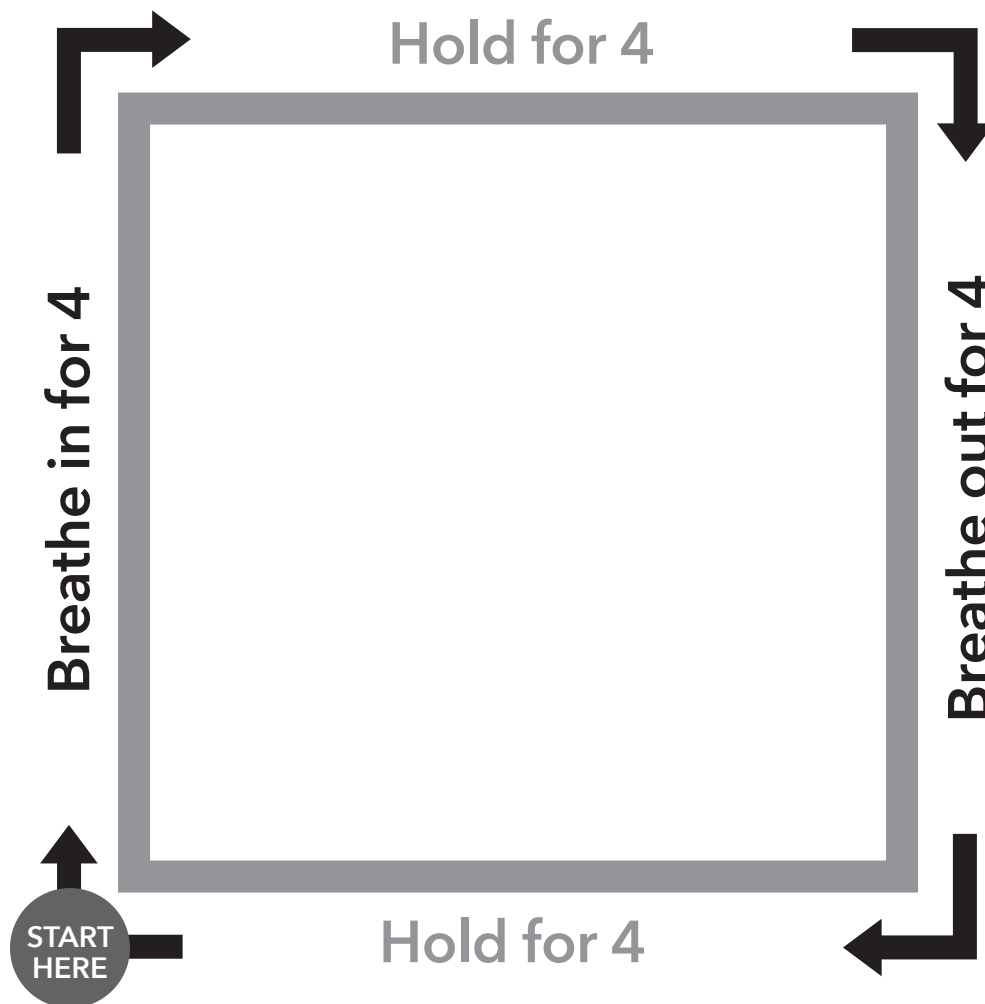
For today's mindfulness moment, We will participate in guided breathing through the use of a shape.

If at any time you cannot breathe or hold for the suggested seconds, please adjust to suit your comfort level.

Square Breathing (Box Breathing)

1. Start at the bottom left of the square.
2. Breathe in for 4 counts as you trace the first side of the square.
3. Hold your breath for 4 counts as you trace the second side of the square
4. Breathe out for 4 counts as you trace the third side of the square.
5. Hold your breath for 4 counts as you trace the final side of the square.

You just completed one deep breath.





After you complete your **Shape Breathing Mindful Moment**, answer the question:

How am I feeling right now? What do I notice?

Some other questions that might arise for you include:

- **What did I notice while I was doing the mindful moment?**
- **Did my pain change during or after that exercise?**
- **Did I notice any change in my emotions or thoughts? How might I apply this outside of class?**

Mind-Body Connection: Coping

Where is your brain?



- Thinking brain
- Upstairs brain
- Ready to learn



- Yellow zone
- Caution Area



- Feeling brain
- Downstairs brain
- Flipping your lid

When you're in constant pain you are less able to coordinate and balance the downstairs brain, making your lid more likely to be flipped. Learning to recognize when you need to cope helps in closing that lid. For example, breathing exercises engage the upstairs brain allowing you to think more rationally.

Mind-Body Connection: Listen to Your Body

Checking in with your body regularly can help you to identify **what in your daily life** may help to **reduce pain**, and also recognize what may **make it worse**.

Listen to Your Body Blog Quote

Self: Excuse me body, I feel really betrayed by you. You always seem to be sick, sad or sore. What are you trying to tell me?

Body: I'm not trying to betray you. But I have needs too. I try to let you know but you're too busy hanging out with your mind. When you two get together, you get lost and sometimes I have to scream at you for you to hear me! – Tahlee Rouillon

Thoughts I have about this quote:

Our goal today is to learn how to be preventative; that is, to pay attention before your body starts screaming at you. Pain sensitivity increases when you consistently push through and teach your brain that activity is not safe. Being aware of what your body is telling you and opportunities to cope is how to reduce pain hypersensitivity. When we choose to show up for ourselves, our pain system relaxes, our upstairs brain becomes engaged, allowing us to move towards recovery.

Mind-Body Connection: Colour Zones

This next tool will help you listen to your body by connecting your emotions and physical states to a colour zone. It can also help you better communicate how you feel to those around you.

Green Zone	Blue Zone	Yellow Zone	Red Zone
Happy	Sad	Frustrated	Mad/angry
Calm	Sick	Worried	Terrified
Feeling okay	Tired	Excited	Yelling/hitting
Not focused on pain	Bored	Hyper	Elated
Focused on what is going well	Moving slowly	Agitated	Out of control
Relaxed	Sore	Focused on pain	All consumed with pain
I can do this differently.	Stiff	Body tense	Wincing
	I'm too tired to do anything.	I can't do the things I used to.	I'm never going to be okay.
			This will never get better.

Each colour represents an emotion or physical state – how you feel in that moment. All colours serve a purpose. They are a **message** to your body of the “climate” of what’s going on for you in that present moment. It is your body talking, and its just trying to be heard, its up to you to listen and respond to it.

There are more helpful ways of dealing with pain. For example, identifying that you are in the yellow zone and choosing to make a cup of tea and take a break, vs. pushing through until you are in the red and then shaming yourself. This teaches your pain system to be less sensitive and feel more safe – keeping your lid from flipping. It can also help you better communicate how you feel to those around you.



What are some activities I can do, when I am in the yellow or red that can help me achieve "green" which is a state where the pain is not as pronounced?

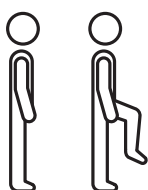
When will I use this colour zone tool? Who will I use it with?

Gentle Movements and Stretches

Work up to doing each exercise of your choosing 8 times. Begin with 1-2 exercises and continue to add an exercise every 1-2 weeks. Consistency is key.

Lower Body

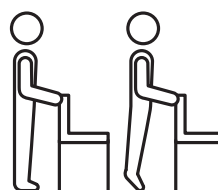
Marching in Place



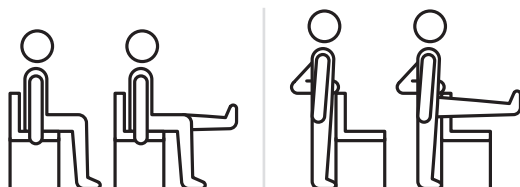
Ankle Circles



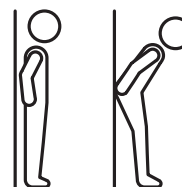
Heel/Toe Raises



Leg Extension/Leg Lift

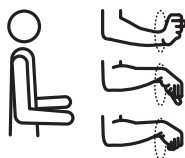


Hip Hinge

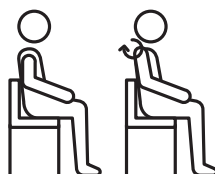


Upper Body

Wrist Circles



Shoulder Rolls



W Pose



Reach Up, Reach Out, Give Yourself a Hug





Strengthening Exercises

Core Activation



Approach to Activity: Pacing

Learning how to **pace** activities will help to prevent the cycle of inactivity or overactivity.

- Imagine a long distance runner. They don't go all out in the first few minutes of the run or they won't be able to finish the race.
- **Pacing** is like that... it's conserving energy and getting the things done that are important to you without flare ups.
- It involves spacing the activities throughout the day in a way that will help you avoid making the pain worse. Your **plan** will **balance activity and rest**, as well as **balancing light and heavy tasks**.
- Pacing provides **structure** and a sense of **control** to your **overall activity level** and guides you to **build the best schedule** for you – to minimize your pain and maximize productivity during the day.

Participant Note:

The 5 S's of Pacing:

- Spacing activities
- Structuring activities
- Scheduling activities
- Small steps... all based on
- Self-monitoring

What activities am I already pacing?

My Approach to Activity

Activity	How Pain Affects This	My Approach (wait until, push through, or pace)
Gardening	Haven't gardened in 2 years	
Washing dishes	Takes me twice as long	

Consider

What thoughts, beliefs or behaviours prevent me from pacing?

What thoughts, beliefs or behaviours can I use to help me with pacing?

What Stung? and Check-out

You will now have some time to reflect on today's content using the **What Stung?** section, review the **Check-out** prompts, and begin planning one specific thing you'll focus on between now and next week.



What Stung?

Sometimes a topic, idea, or activity might stir up frustration, doubt, or discomfort – and that's okay. Use this space to reflect on anything from today's session that rubbed you the wrong way, made you feel annoyed, angry, skeptical, or just didn't sit right.

This is your chance to notice those reactions without judgment and think about what they might be telling you.

You might ask yourself:

- What came up for me during this session?
- Why might I have reacted that way?
- What thoughts or beliefs were touched on?

Check-out

Create a list of things in your life that help you feel calm, safe, or grounded – things that bring you into the “Green Zone” (e.g., walking, dogs, dinner with friends, puzzles, yoga, etc.). You can refer back to this list when you notice you’re in another colour zone and need support.

Consider an activity you would like to start pacing. Consider work, chores, recreation and exercise when thinking of an activity that is important to you.

If you feel this class is not for you or you need additional support, do not disappear. Come and see your facilitator before you leave.



Reminder

Please bring your workbook and name tag next week.

[illegible]



Self Check-in

Welcome Back

You can refer to your **Week 2 Check-out** on p. 33.

Did I practice shape breathing? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Did I practice listening to my body? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Did I practice the exercises from last week? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Reflection

Ask yourself these questions to help set you up for a successful week of practicing.

"Are You Stuck In Honey?"

We recognize that creating new habits can be difficult. If you didn't do one or all of the skills during the week, ask yourself:

What got in the way?

What needs to change?



“It does not matter how slowly you go, as long as you do not stop.”

- Confucius

Mindful Moment: Guided Imagery

Mindful Moment Option 1: Beach Scenario

Take a moment to settle into a comfortable position. Gently close your eyes if that feels right for you. Take a slow, deep breath in... and let go. Feel the weight of your body supported by the ground beneath you. Let yourself arrive here, in this moment.

Now, I invite you to imagine yourself walking along a quiet, peaceful beach.

The sun is warm on your skin – just the right temperature. There's a soft breeze in the air, carrying the gentle scent of saltwater. With each breath in, you take in the fresh, clean ocean air. With each breath out, you let go of anything you don't need right now.

Feel your bare feet sinking slightly into the soft, warm sand with each step. The grains shift gently under you, grounding you. Notice how the sand feels – smooth, dry higher up the shore, and cooler, firmer closer to the water.

You hear the rhythmic sound of waves rolling in... and out... in... and out. The sound is soothing, like nature's breath.

As you walk, you notice a seashell shining in the sun. You pause to pick it up, holding it in your hand. It's smooth, with gentle ridges and soft colours. You take a moment to admire its beauty – a quiet gift from the ocean.

You look out across the water. The sea stretches to the horizon, meeting the sky in a soft blur of blue. A sense of calm begins to wash over you – like the tide – steady and grounding.

Take a few more slow breaths here, letting the peacefulness of the beach settle into your body. Feel the ease in your shoulders, the softness in your jaw, the stillness in your mind.

When you're ready, gently bring your attention back to the room. Wiggle your fingers and toes. Take one final deep breath in... and slowly let it go.

When it feels right, open your eyes. You are here. You are grounded. You are at peace.



Mindful Moment Option 2: Forest Scenario

Begin by finding a comfortable position. Let your body relax, and gently close your eyes if that feels comfortable. Take a deep breath in... and slowly exhale. Allow your shoulders to drop. Let yourself arrive fully in this moment.

Now, imagine you are standing at the edge of a quiet forest.

A narrow path invites you in. As you begin to walk, you're surrounded by tall trees – cedars, pines, or whatever feels familiar to you. Their trunks rise like pillars, strong and steady. The air is cool and crisp, filled with the earthy scent of moss, leaves, and damp soil.

You notice the ground beneath your feet – a soft, springy carpet of pine needles and fallen leaves. Each step is light and quiet, like the forest is holding you gently.

Listen... you can hear the rustle of leaves in the breeze, birds calling from the canopy above, and maybe the distant sound of a stream trickling over rocks. The sounds are natural and calming – like the forest is breathing with you.

As you walk, a gentle light filters through the branches above, casting patterns on the forest floor. You feel safe here, surrounded by the quiet wisdom of the trees. There's nothing to do, nowhere to be – just this peaceful moment.

You come across a small clearing. The sun spills in, warming your face. You pause here. Breathe deeply. Inhale the freshness of the forest air... and exhale any tension you're holding. Let it melt into the earth.

Take a moment to notice how your body feels. Calm. Rooted. Like the trees, steady and still.

Now, slowly begin to bring your attention back. Notice the feeling of the ground beneath you, the rhythm of your breath, the quiet of the room.

Wiggle your fingers and toes gently. Take one last, deep breath in... and let it go.

When you're ready, open your eyes. You are here. You are grounded. You are at peace.





Mindful Moment: Guided Imagery

As I reflect on the **Guided Meditation Mindful Moment** I just did:

- What did I notice while I was doing the mindful moment?
- Did my pain change during or after that exercise?
- Did I notice any change in my emotions or thoughts?
- How might I apply this outside of class?

Mind-Body Connection: Mindfulness

Persistent pain is a **constant stressor** causing the body to be in a **prolonged flight or fight response**. **Stress hormones** keep the body in **constant state of tension**.

Ongoing pain keeps the body in a constant state of stress. This stress makes the body tense and teaches the brain to expect pain. Over time, the brain can become extra sensitive and may mistake safe body signals for danger, which can make pain feel stronger.

The brain can change and learn new patterns. Mindfulness helps calm the body and the brain's alarm system. With regular practice, the brain can learn that the body is safe, and pain signals can become less intense.

Mindfulness means gently paying attention to the present moment and bringing your focus back when your mind wanders. Mindfulness exercises help calm the nervous system, reduce stress, improve sleep, and help you react less strongly to pain and emotions.

At first, mindfulness can make pain more noticeable. This is normal. Being more aware of the body can bring attention to pain or tension. The goal is to notice this with curiosity and learn that suffering can change. With practice, mindfulness becomes easier to use, especially during pain flare ups, and it can help reduce how strong the pain feels.

What mindfulness can look like:

- **Breathing** (e.g., belly breathing, shape breathing)
- **Guided imagery:** Creating calm peaceful images in your mind – in great detail, using as many senses as possible.
- **Positive visualization:** Using your imagination, visualize or picture yourself doing something well, for example, coping, or doing what you want to be doing and doing it well.
- **Hypnosis:** This requires a specially trained clinical hypnotist. Research has shown it to be very effective in managing and reducing pain.
- **Meditation:** Focusing attention to help you feel calm and give a personal awareness of the present moment.
- **There are many free apps for phones and tablets** (e.g., Breathe, Calm, Mind Shift, Headspace, UCLA mindful)

Mind-Body Connection: Distraction and Fun

Distraction and fun can be one way of decreasing or coping with pain. How might it help?

- There may be days where you are feeling unmotivated and distraction such as hobbies and fun may be a useful tool to stay active.
- When you are calm and relaxed, your brain releases chemicals that are able to decrease the pain.
- Fun activities can help replenish your physical and mental energy.

Participant Note:
Laughter is a natural pain reliever.

Video: Olaf and Sven Fight for a Carrot!

What did I notice about my pain during the Olaf and Sven video?

Option 1: Word Challenge or Option 2 (Video): Body Percussion

What did I notice about my pain during the activity?

[illegible]

1. Active: You are fully engaged or involved in the activity to sustain it, e.g., playing music, creating art.

Active distraction is more effective because when you are in persistent pain, unless you are actively engaged/involved in the distraction, it is easier for the pain signal to intrude.

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Flow

A life of engagement involves the experience of flow. Flow happens when you are so **fully immersed** in an activity that you enjoy, you **lose track of time**. The activity challenges you physically and intellectually. It is described as “**being in the zone**.”

Reflection

Which activities or hobbies am I interested in? Consider your values, meaning, and interests to help you find activities you would like to try. Pick your flow activities.

Physical activities are likely to induce flow and yet it can be achieved in other ways.

Note that an activity can be social and intellectual as well.

List my flow activities:

- Maybe something I have done in the past and would like to do again.
- Maybe something I am curious about – try something new.

Choose one flow activity to immerse myself in this week. How will I make it happen?

Participant Note:

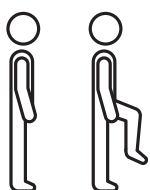
If you are “stuck” or unsure of activities, remember a recreation therapist can help you out — we can refer you.

Gentle Movements and Stretches

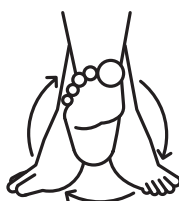
Work up to doing each exercise of your choosing 8 times. Begin with 1-2 exercises and continue to add an exercise every 1-2 weeks. Consistency is key.

Lower Body

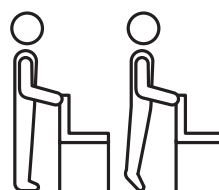
Marching in Place



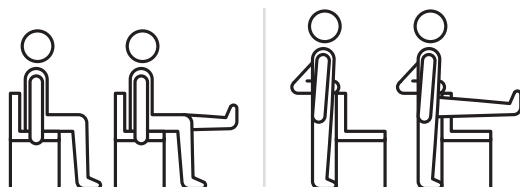
Ankle Circles



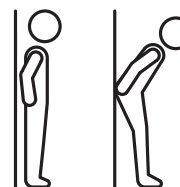
Heel/Toe Raises



Leg Extension/Leg Lift

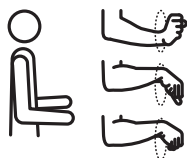


Hip Hinge

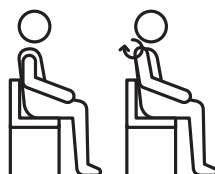


Upper Body

Wrist Circles



Shoulder Rolls



W Pose



Reach Up, Reach Out, Give Yourself a Hug





Strengthening Exercises

Core Activation



Balance (Feet Together)



Approach to Activity: The Buffer Zone

What are some factors that increase your pain buffer?

(make you feel pain sooner, even with less activity)

What are some factors that decrease your pain buffer?

(make you able to handle more activity before you feel pain)

Approach to Activity: Cow Path

Changing the path takes **time and repetition**.

The cow has to stop using the old path... and start walking a new one – again and again.

At first, it's harder. The grass is tall. The way feels strange.

But if the cow keeps going that way every day, a **new path** forms. And the old one starts to fade.

That's what happens in your brain when you practice **calm thoughts, safe movement,** and **new habits**. You're teaching your brain:

"It's okay. I'm safe. I don't need to feel pain all the time." So remember:

- Your brain is always changing.
- Repeating new, healthy things helps make new brain paths.
- It takes time, but the more you practice, the easier it gets.
- Just like the cow makes a new trail – you can too, one step at a time.



When to Stop

Persistent pain rarely means that you are causing damage, nor is it directly connected to the state of your tissues. It is however, a message from your brain that it is feeling unsafe.

This is when you need to **take a break** or **re-evaluate the activity**.

What Stung? and Check-out

You will now have some time to reflect on today's content using the **What Stung?** section, review the **Check-out** prompts, and begin planning one specific thing you'll focus on between now and next week.



What Stung?

Sometimes a topic, idea, or activity might stir up frustration, doubt, or discomfort – and that's okay. Use this space to reflect on anything from today's session that rubbed you the wrong way, made you feel annoyed, angry, skeptical, or just didn't sit right.

This is your chance to notice those reactions without judgment and think about what they might be telling you.

You might ask yourself:

- What came up for me during this session?
- Why might I have reacted that way?
- What thoughts or beliefs were touched on?



Check-out

What if I did a mindfulness or flow activity regularly? How would this impact me?

What's one "new path" (a thought, habit, or reaction) you'd like to practice more often?

What specific activity can I practice to reduce the buffer zone this week?

If you need additional support, do not disappear. Come and see your facilitator before you leave.



Reminder

Please bring your workbook and name tag next week.

[illegible]



Self Check-in

Welcome Back

You can refer to your **Week 3 Check-out** on p. 51.

Was I able to practice mindfulness or flow this week? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Was I able to influence my buffer zone this week? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Did I practice the exercises from last week? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Reflection

Ask yourself these questions to help set you up for a successful week of practicing.

"Are You Stuck In Honey?"

We recognize that creating new habits can be difficult. If you didn't do one or all of the skills during the week, ask yourself:

What got in the way?

What needs to change?



“It does not matter how slowly you go, as long as you do not stop.”

- Confucius

Mindful Moment: Five Senses Mindfulness Meditation

Make yourself comfortable sitting in your chair with your feet planted flat on the floor, perhaps resting your hands on your thighs or on the table, feel free to close your eyes, and focus on my voice as I read aloud.

Notice your breath. You don't need to breathe in a particular way. Just bring attention to each part of the breath – the inhale, the exhale and the space in between.

We are going to bring awareness to each of your senses. One at a time for a few seconds each. The point is to focus on the present moment and how each sense is being activated.



We will begin with our **hearing**. Notice the sounds around you. Sounds may be internal like your breathing or your stomach growling, or external like the sound of traffic or sounds in the room. *(Pause)*



Now shift your attention to noticing the **smells** in your environment. Maybe you smell food or drink. You may notice the smell of your new book or paper. What other smells do you notice? *(Pause)*



Now bring your attention to your **taste**. You may notice a linger of a previous drink or meal. You may just notice your tongue in your mouth. You can run your tongue over your teeth to become more aware. *(Pause)*



Bring your attention to the **sensations** on your skin. The chair under the back of your thighs, and against your back.

You may notice the pressure between your body and the chair or your feet and the floor. You can observe temperature like the warmth or the coolness of your hands, or how the air feels against your skin. *(Pause)*

Last one.



What do you **see**? You may choose to open your eyes, or keep them closed. Observe what you can see in your surroundings and notice the colours, shapes, and textures. If you really look, you may notice things that have gone unnoticed until now. *(Pause)*

Adapted from online publication posted on [psychologytoday.com](https://www.psychologytoday.com). June 20, 2011.

After we finish our **Mindful Moment**, answer the question:

- What did I notice during and right after the Five Senses Mindful Moment?
- What did I learn?

Mind-Body Connection: Grief

Grief is the natural emotional response to losing something meaningful such as identity, independence, or financial security. Grief may be expressed through feelings of sadness, anger, or guilt.

Dealing with Grief

Loss happens to everyone and it brings change. Grief is how we feel and make sense of that loss. We grieve because we cared about someone or something, like a person, a dream, our health, or who we thought we were. The more we care, the more we may grieve.

We cannot change the loss, but we can change how we think about it and how we deal with it. Some people try to push their grief away so they can “stay strong,” or because they feel guilt or regret. But when grief is not talked about or felt, it can show up physically in the body as tiredness, aches, or tightness in the chest or throat.

Giving grief time and space helps us work through it so it does not stay stuck in our bodies and minds.

When we say, “acknowledge it,” there’s no “it” – we’re really acknowledging ourselves. Pain isn’t something separate – it’s me in that moment. I’m not feeling ‘it;’ I’m feeling me – the me that’s hurting, tense, scared, angry, or grieving.

Acknowledgment means turning toward yourself with honesty and care in the exact moment your instinct is to turn away – adding more struggle, and thus more pain.

When I acknowledge the pain, I acknowledge myself.

Physical Pain (physical response) × Resistance (physical/psychological response) = Increased Suffering (psychological pain)

Physical Pain × Acknowledgment/Adaptability = Less Suffering

Participant Note:

If you are struggling with grief, think about talking to your facilitator, they can help refer you to someone.

Key Messages

- Pain is real, but suffering can grow when we fight or resist what we are feeling.
- Acknowledging pain means noticing it and accepting that it is there, even if we don't like it. It's an open, ongoing process of noticing and adapting.
- When we acknowledge our pain, we are also acknowledging ourselves, not just the negative thoughts or stories (the beliefs, rules, should've, could've, would've) we tell about it.
- Therapy isn't about fixing you. It helps you recognize real safety and learn to respond to pain differently, instead of staying stuck in the same thoughts and reactions.

Personal Reflection

What have I lost because of my pain that I haven't fully grieved?

How do I resist my pain and what might happen if I acknowledge it (me) instead?

Take a moment to reflect on the following questions.

- What do I need from myself when in pain (rest, movement, expression, support, validation, etc.)?
- How can I be a little more compassionate with myself today?
- What does my pain stop me from doing – and what does it protect me from?

Mood, Anger and Anxiety

Healthy Expression of Anger

Grief and **anger** often go hand in hand when living with chronic pain, as the sadness over what's been lost can easily turn into frustration.

Anger is a natural emotion, but how we express it matters. Healthy anger can help us set boundaries, speak up for ourselves, and signal when something needs to change.

Rather than lashing out or shutting down, try taking deep breaths, identifying the root of your feelings, and using "I" statements to express yourself calmly. Resources like the **Mental Health Helpline (1-877-303-2642)** and **MyHealth.Alberta.ca** offer tools and support to manage anger in safe and effective ways.

The Mind-Body Link and Stress Loop

(Inspired by Dr. Gabor Maté, and Dr. Rick Hanson)

In many cases, the body holds what the mind cannot safely express, meaning emotional experiences can show up as physical symptoms. As a result, people with persistent pain conditions (e.g., migraines, IBS, muscle pain, etc.) may also carry repressed anger, unacknowledged grief, or both, which can further fuel this cycle. Trauma is often experienced by people living with persistent pain, either from early years, or due to their health situation.

Trauma can keep the nervous system stuck in a survival loop where thoughts, emotions, and body states reinforce each other. For example, a tight jaw or clenched shoulders can signal the brain that "something's wrong," triggering more stress and increasing pain. The longer this loop runs, the more automatic it becomes. However, with awareness and supportive practices that calm the nervous system, this cycle can gradually be interrupted, helping the body relearn safety and move toward greater ease.

Personal Reflection

What do I hold on to?

Growing up, what messages did I learn about anger? About grieving?

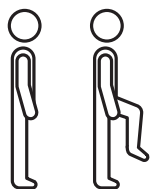
How can I begin to express my anger and/or grief in a healthy way?

Gentle Movements and Stretches

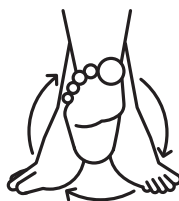
Work up to doing each exercise of your choosing 8 times. Begin with 1-2 exercises and continue to add an exercise every 1-2 weeks. Consistency is key.

Lower Body

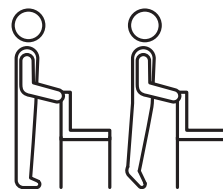
Marching in Place



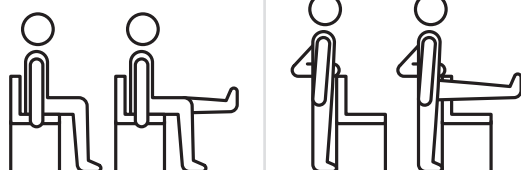
Ankle Circles



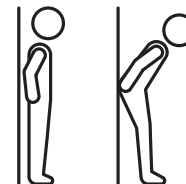
Heel/Toe Raises



Leg Extension/Leg Lift

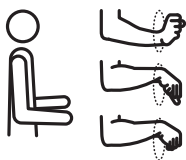


Hip Hinge

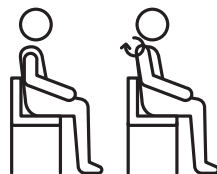


Upper Body

Wrist Circles



Shoulder Rolls



W Pose



Reach Up, Reach Out, Give Yourself a Hug

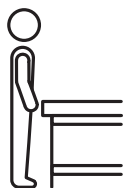


Strengthening Exercises

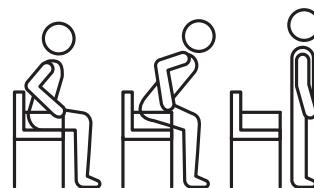
Core Activation



Balance (Feet Together)



Sit To Stand



Approach to Activity: The Sweet Zone for Change

Finding the **Sweet Zone** for activity is necessary to improving physical function. Similar to the Goldilocks and the Three Bears story, you must find an amount of activity that is not too little, not too much, but just right for you in that moment.

The aim is to provide a challenge to your system that is enough to cause a change, but is not enough to cause a flare up.



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Resolve Back Pain Handbook (2024) Moseley GL, Butler DS, Leake HB, Wand BM, McAuley JH

The more overprotective your pain system is, the smaller your **Sweet Zone** is. This means you must start with a low amount of activity and progress slowly. **It may be difficult to find your Sweet Zone at first.**

Sweet Zone Planning Chart

Activity	Increase or decrease your activity to enter the Sweet Zone	What would that look like?	Reminders
Walking	Do less	Walk 5 minutes instead of 15	Bring my walker so I can sit at the 5-minute mark
Chores	Do more	Vacuum 2 rooms instead of 1	Put note on my vacuum

Approach to Activity: Adaptation and Delegation

Adaptation is reducing the frequency or amount of activity or modifying it in some way to make it easier for you.

Delegation means asking others to help with certain tasks, so you can focus your energy on the things that matter most to you.

Delegation involves:

- Confidence in yourself and giving yourself permission to ask for help.
- Identifying those activities you wish to delegate and knowing that some delegation is only temporary.
- Communication and knowing how to ask for help.
- Social support.
- Needs that may change and you can reassess your needs, which is why self-monitoring becomes important.



Reminder

The need to delegate is not always permanent and you can still be involved. For example, getting someone to climb the ladder and you give them instructions on how to do the task while they are up there.

You may need to use a combination of **adaptation** and **delegation** for your best approach to activity.

Practice scenario

I have to do a spring clean up on my yard or my own example:

Notes on how to use adaptation and delegation in these examples:

What Stung? and Check-out

You will now have some time to reflect on today's content using the **What Stung?** section, review the **Check-out** prompts, and begin planning one specific thing you'll focus on between now and next week.



What Stung?

Sometimes a topic, idea, or activity might stir up frustration, doubt, or discomfort – and that's okay. Use this space to reflect on anything from today's session that rubbed you the wrong way, made you feel annoyed, angry, skeptical, or just didn't sit right.

This is your chance to notice those reactions without judgment and think about what they might be telling you.

You might ask yourself:

- What came up for me during this session?
- Why might I have reacted that way?
- What thoughts or beliefs were touched on?



Check-out

When pain or discomfort shows up this week, how can I gently acknowledge what I'm feeling – without judgment or resistance – and respond to myself with care?

What is one activity I would like to adapt or delegate this week?

If you need additional support, do not disappear. Come and see your facilitator before you leave.



Reminder

Please bring your workbook and name tag next week.

[illegible]

Self Check-in

Welcome Back

You can refer to your **Week 4 Check-out** on p. 67.

Was I able to acknowledge my pain or discomfort with more self-compassion this week?

☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Was I able to adapt or delegate an activity? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Did I practice the exercises from last week? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Reflection

Ask yourself these questions to help set you up for a successful week of practicing.

"Are You Stuck In Honey?"

We recognize that creating new habits can be difficult. If you didn't do one or all of the skills during the week, ask yourself:

What got in the way?

What needs to change?



“It does not matter how slowly you go, as long as you do not stop.”

- Confucius

Mindful Moment: Pain Portrait

For today's **Mindfulness Moment**, we're going to explore what your pain looks or feels like by creating a **pain portrait**.

In the blank space provided, take a moment to express yourself and your experience with pain. This is your personal workbook – feel free to express yourself in any way that feels right. Think about using different colours, shapes, or writing utensils (pen, pencil, marker). Let your creation be messy, honest, and truly yours.



Which part of your portrait feels most important or meaningful to you? Why?

What message do you want to carry forward from this experience?

How does this portrait reflect how pain affects different parts of your life – physically, emotionally, socially?

Mind-Body Connection: DIMS and SIMS

DIMS stands for **Danger In Me Signals** – these are things that make your brain feel unsafe or threatened, like stress, worry, or negative thoughts. When there are **lots of DIMS**, the brain can increase the perception of danger, which can heighten your pain. This means that things that were already painful may now feel even more intense, or things that didn't used to hurt may now start to feel painful.

When the brain senses danger:

- It increases nerve sensitivity.
- It boosts inflammation and stress chemicals.

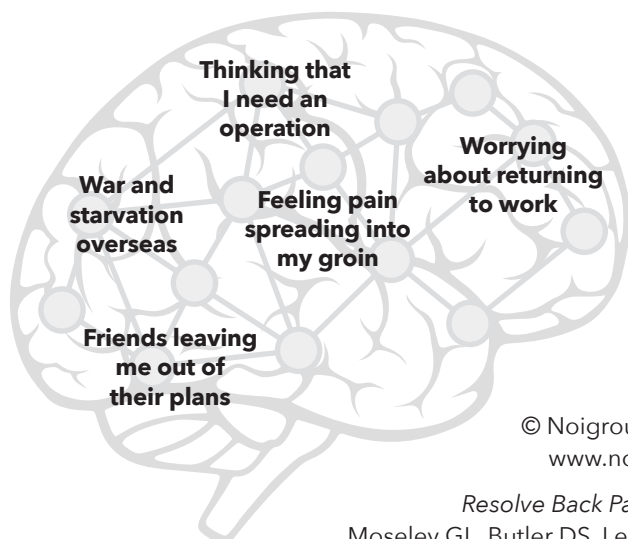
SIMS stands for **Safety In Me Signals** – these are things that help your brain feel safe and calm, such as support from others, relaxation, and positive coping skills. **More SIMS means less pain and less suffering.**

For example, someone like person A (high stress but low anxiety) would have lots of SIMS because they have good coping skills. Even though life feels stressful, their ability to stay calm and handle challenges can reduce the perception of danger and ease pain.

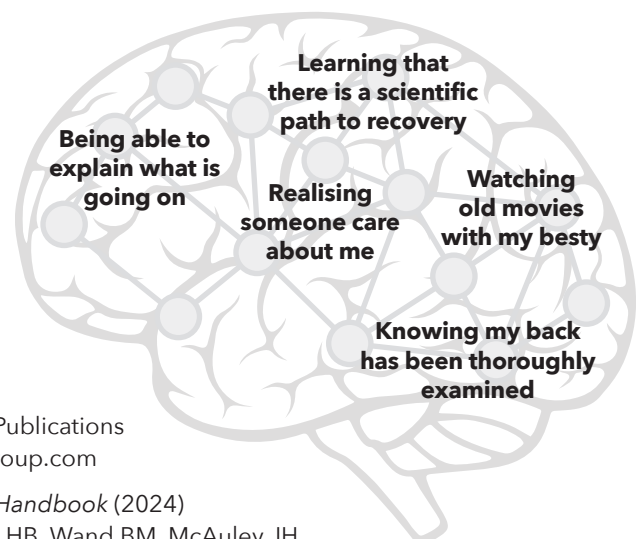
When the brain feels safe:

- It releases calming chemicals (like the body's own painkillers).
- It reduces stress and inflammation.

Credible evidence of danger



Credible evidence of safety



© Noigroup Publications
www.noigroup.com

Resolve Back Pain Handbook (2024)
Moseley GL, Butler DS, Leake HB, Wand BM, McAuley JH

Danger and Safety Sorting Activity

For this activity, we'll be exploring situations that feel either safe or dangerous to you. The goal is to help you identify your own personal DIMS and SIMS.

We've provided 10 example situations. Please choose two colours (ideally light-coloured highlighters) – one for DIMS and one for SIMS. Use the SIMS colour to highlight scenarios that feel positive and contribute to your sense of safety. Use the DIMS colour to highlight scenarios that feel negative or threatening in some way.

DIMS

Highlight colour 1 here

SIMS

Highlight colour 2 here

Below the examples, you'll see five blank spaces. Use these to write in real-life situations that are meaningful to you. Try to include a mix of both positive (safety) and negative (danger) situations – not all one or the other. That's the point of this activity.

Once you've written your own scenarios, go ahead and highlight them too – using your chosen DIMS or SIMS colour depending on how each one feels to you.

1. Your partner is very supportive.
2. You feel like you have to do everything on your own.
3. You learned a new strategy that's been helping you manage your stress
4. You have a new pain in your back after exercising.
5. You learned many factors can contribute to persistent pain.
6. You reconnect with an old dear friend.
7. You tried a new medication and it's not helping.
8. You get an appointment to see a specialist.
9. The state of the world is causing you stress.
10. You are told you are just getting old – you'll just have to get used to it.

11. _____

12. _____

13. _____

14. _____

15. _____

Once you've highlighted all the scenarios, take a moment to reflect. How many did you highlight as SIMS? How many as DIMS?

Record your totals in the space provided. Which colour do you have more of? Circle the larger section.

DIMS _____ **SIMS** _____

Have a closer look now at your answers.

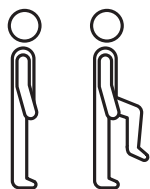
- What DIMS are you able to re frame, limit or remove from your life? Draw a star next to these scenarios.
- What SIMS do you need to focus on to improve the balance in your life? Draw a heart beside these scenarios.

Gentle Movements and Stretches

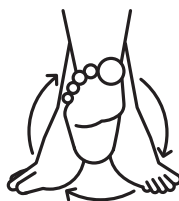
Work up to doing each exercise of your choosing 8 times. Begin with 1-2 exercises and continue to add an exercise every 1-2 weeks. Consistency is key.

Lower Body

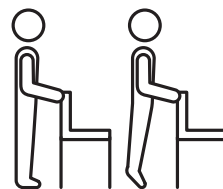
Marching in Place



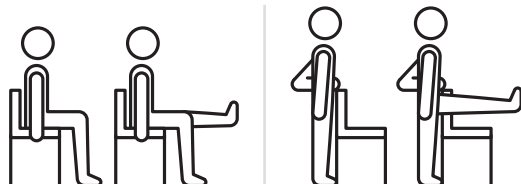
Ankle Circles



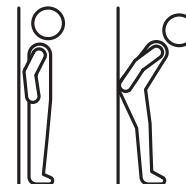
Heel/Toe Raises



Leg Extension/Leg Lift

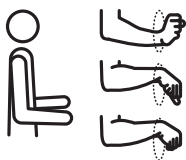


Hip Hinge

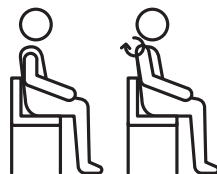


Upper Body

Wrist Circles



Shoulder Rolls



W Pose



Reach Up, Reach Out, Give Yourself a Hug

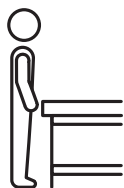


Strengthening Exercises

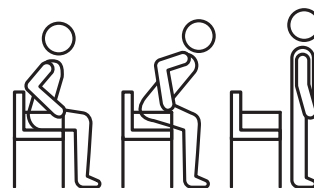
Core Activation



Balance (Feet Together)



Sit To Stand



Wall Plank





Approach to Activity: High and Low Function Days

Replenishing and Depleting Activities

My replenishing activities:

My depleting activities:

What is one replenishing activity I can do at different times this week?

High and Low Function Days

On both types of days, it's important to consider your energy level and pain level.

A **high function day** is when pain is relatively low and your energy is moderate to good. These days can feel motivating, but it's important to avoid overdoing it.

A **low function day** is when pain is higher and/or your energy is low. These days may require more rest, flexibility, and gentler expectations.

Being aware of your body's signals on both types of days helps you respond with compassion and maintain balance over time.

With pacing, the idea is to gradually add time to your activities in a way that allows for your brain to build those new pathways, teach your body that activity is safe and decrease that over protective buffer zone.

But remember, we have the tendency to either overdo it when we feel well or do nothing on the low function days. Both are going to make your pain worse in the long run.

Activities: High Function Days (consider pain and energy)	Reminders	Replenishing Activities
Activities: Low Function Days (consider pain and energy)	Reminders	Replenishing Activities



My Weekly Plan

Day	Activity I Need to or Want to Accomplish	Replenishing Activities

What Stung? and Check-out

You will now have some time to reflect on today's content using the **What Stung?** section, review the **Check-out** prompts, and begin planning one specific thing you'll focus on between now and next week.



What Stung?

Sometimes a topic, idea, or activity might stir up frustration, doubt, or discomfort – and that's okay. Use this space to reflect on anything from today's session that rubbed you the wrong way, made you feel annoyed, angry, skeptical, or just didn't sit right.

This is your chance to notice those reactions without judgment and think about what they might be telling you.

You might ask yourself:

- What came up for me during this session?
- Why might I have reacted that way?
- What thoughts or beliefs were touched on?



Check-out

What is one SIMS and one DIMS that I am expecting to experience this week? Can I reframe that DIMS in any way?

How will I implement and adjust my plan for high and low functioning days.

If you need additional support, do not disappear. Come and see your facilitator before you leave.



Reminder

Please bring your workbook and name tag next week.

[illegible]



Self Check-in

Welcome Back

You can refer to your **Week 5 Check-out** on p. 79.

Was I able to identify DIMS and SIMS? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Was I able to apply my planning for high and low function days? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Did I practice the exercises from last week? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Reflection

Ask yourself these questions to help set you up for a successful week of practicing.

"Are You Stuck In Honey?"

We recognize that creating new habits can be difficult. If you didn't do one or all of the skills during the week, ask yourself:

What got in the way?

What needs to change?



“It does not matter how slowly you go, as long as you do not stop.”

- Confucius

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.

Mind-Body Connection: Communication





Scenario 1	Your boss asks you to stay late, but you know you will have a flare up if you say yes.
Passive-Aggressive	
Passive	
Aggressive	
Assertive	

Scenario 2	Your partner left a mess in the kitchen and your in too much pain to clean.
Passive-Aggressive	
Passive	
Aggressive	
Assertive	

Scenario 3	Your friend showed up to your house uninvited. Normally you'd let them in but today you're having a flare up.
Passive-Aggressive	
Passive	
Aggressive	
Assertive	

Think of a situation recently when you used either the passive-aggressive, passive, or aggressive style. Describe it.

What do I want to communicate, what is my goal, and how could I best communicate this using an assertive style?

Chronic pain can cause you to lose your confidence and make it hard for you to express your needs. If you can't say what you need, you may find yourself dealing with more pain and discomfort. This can make you feel more tense, and tension can increase your pain. Follow these tips to help you become more assertive and confident about communicating:

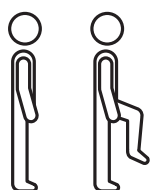
- Say what you mean clearly and don't be afraid to be firm.
- Try not to shout or raise your voice.
- Remember you don't have to apologise for needing something.
- Make sure your message is clear – don't expect people to guess what you mean or know what you're thinking.
- Explain to people why you're asking them to do something.
- Ask for help when you need it.
- Remember it's okay to say no.

Gentle Movements and Stretches

Work up to doing each exercise of your choosing 8 times. Begin with 1-2 exercises and continue to add an exercise every 1-2 weeks. Consistency is key.

Lower Body

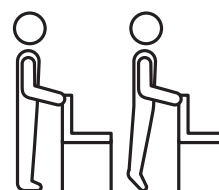
Marching in Place



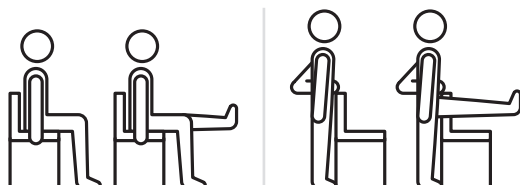
Ankle Circles



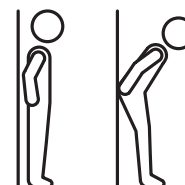
Heel/Toe Raises



Leg Extension/Leg Lift

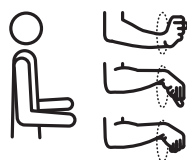


Hip Hinge

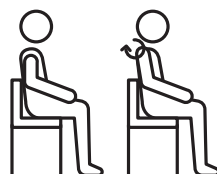


Upper Body

Wrist Circles



Shoulder Rolls



W Pose



Reach Up, Reach Out, Give Yourself a Hug



Strengthening Exercises

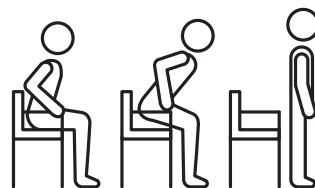
Core Activation



Balance (Feet Together)



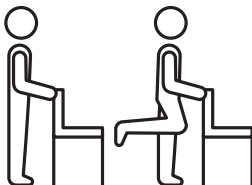
Sit To Stand



Wall Plank



Standing Leg Curl



Approach to Activity: Flare Up Plan

A flare up is not necessarily a sign that your condition is worsening, but rather a temporary intensification of pain – more “hurt”, not harm. These can be triggered by a mix of physical (e.g., increased activity), emotional (stress, mood), and environmental factors.

Strategies to Manage Flare Ups

1. Be Prepared with a “Flare Up Plan”:

- Create a written, personalized toolkit outlining steps to take when pain spikes.
- Include both “rampdown” strategies (like gentle activity reduction, asking for help) and planned actions to get back on track gradually.

2. Mindful Activity Adjustments:

- Instead of complete rest, scale back activity deliberately and slowly.
- Maintaining some movement supports both physical and emotional resilience

3. Limit Reliance on Medication:

- Overemphasis on drugs alone can weaken self management skills.
- Sizer encourages building long term coping tools instead of leaning primarily on medications.

Key Takeaways

- Flare ups are expected and manageable, not signs of deterioration.
- A proactive written plan empowers you to respond confidently.
- A combination of pacing, gentle resuming of activity, emotional support, and psychological tools fosters resilience.
- Moving away from medication dependency toward multimodal self-care enhances long term quality of life.

Developing Your Own Coping Plan

1. Write a list. Think of things that have helped in the past. Think of things that you have learned from the program. Focus on the things that you can do rather than the things that you cannot do.
2. Be as specific as possible when adding to your list.
3. Include things you enjoy doing; think about using all 5 senses.
4. Place the list somewhere where it can be easily found or referred to.
5. Put all the things you need to follow your plan together and somewhere they can be easily found.
6. **Reflect:** What were the triggers. Can you identify them? Can you prevent them in the future? If they were physical, can pacing the activity help? If related to tension/stress does relaxation or stretching have a role? If you can't identify a trigger, keeping an activity/inactivity diary can throw a light on the situation. However, remember that sometimes there are no triggers.

Reflect: Were there any warning signs that indicated a flare up was possible? If so, can you identify and act on these sooner in the future?

Discuss your flare up or setback management plan with your family or 'flare up buddy' and help them understand what they can do to help.

For a setback resting may also feature but limit it to a maximum of 2 days.

How to Prevent and Manage a Flare Up

(Adapted from Pain Management Network www.aci.health.nsw.gov.au)

High risk situation or trigger:		
Warning signs:		
	Prevent Flare Up	Manage Flare Up
Medications		
Physical activity		
Rest and relaxation		
Healthcare and support		
Coping strategies		
Healthcare team support		
Delegation		
Adaptation		
If I have a flare up how will I ensure I keep moving without pushing though?		
How I will build back up to my previous activity level?		



How and When to Say No

One action that can support life balance is learning how and when to say no. We often think of “no” as negative, or that we’re letting others down. But saying no can actually be a healthy and protective choice. In some cases, your “no” may even give someone else the opportunity to step in and contribute. By saying no, you’re often making room to say yes to things that truly support your well-being.

For example, you might say no to hosting Christmas dinner, but that “no” creates space for a bigger “yes.”

- Yes to being functional on Boxing Day
- Yes to a stronger relationship with your partner
- Yes to prioritizing your health
- Yes to being fully present in the moment
- Yes to meaningful connections with others in your family
- Yes to enjoying the rest of the season without a pain flare up

What Stung? and Check-out

You will now have some time to reflect on today's content using the **What Stung?** section, review the **Check-out** prompts, and begin planning one specific thing you'll focus on between now and next week.



What Stung?

Sometimes a topic, idea, or activity might stir up frustration, doubt, or discomfort – and that's okay. Use this space to reflect on anything from today's session that rubbed you the wrong way, made you feel annoyed, angry, skeptical, or just didn't sit right.

This is your chance to notice those reactions without judgment and think about what they might be telling you.

You might ask yourself:

- What came up for me during this session?
- Why might I have reacted that way?
- What thoughts or beliefs were touched on?



Check-out

How can I work on improving the communication with either myself or others this week?

How will I begin to implement my personal flare up management plan.

If you need additional support, do not disappear. Come and see your facilitator before you leave.



Reminder

Please bring your workbook and name tag next week.

[illegible]



Self Check-in

Welcome Back

You can refer to your **Week 6 Check-out** on p. 94.

Did I use a different communication style than I typically use, with myself or others?

☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Was I able to use my flare up plan in some way this week? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Did I practice the exercises from last week? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Reflection

Ask yourself these questions to help set you up for a successful week of practicing.

"Are You Stuck In Honey?"

We recognize that creating new habits can be difficult. If you didn't do one or all of the skills during the week, ask yourself:

What got in the way?

What needs to change?



“It does not matter how slowly you go, as long as you do not stop.”

- Confucius

Mindful Moment: Self-Kindness

Start by finding a position that feels comfortable – whether you're seated or standing.

Allow your eyes to softly close, or simply lower your gaze if that feels more natural. Take a deep breath in... and slowly release it. Allow your shoulders to soften, your jaw to unclench.

Now, gently place one hand – or both hands – over your heart. Feel the warmth of your own touch. Feel the natural rhythm of your breath beneath your hands.

As you rest here, take a moment to offer yourself kindness.

Softly, repeat these phrases in your mind – or out loud if you'd like:

- "May I be kind to myself."
- "May I acknowledge myself as I am."
- "I am doing the best I can."

You can change the words to whatever feels meaningful and supportive. Let them be gentle and true.

Take another deep breath. Feel the rise and fall of your chest beneath your hands – your breath, your life, your presence.

Now slowly wrap your arms around yourself in a self-hug – however that looks or feels for you. Cross your arms gently over your chest and let your hands rest on your shoulders or upper arms. Hold yourself here for a moment.

You are offering yourself comfort and care – just like you might offer to a dear friend. Now gently release the hug and return your hands to your lap or your sides.

Take a final deep breath in... and slowly exhale.

When you're ready, softly open your eyes.

After we finish our **Mindful Moment**, answer the questions:

What did I notice during and right after the Self Kindness Mindful Moment?
What did I learn?

Mind-Body Connection: Medications and the Placebo Effect

Medications are only one strategy among many to reduce pain and they should be reassessed regularly.

Reasonable expectations include about a 30% reduction in pain from medications. For example, severe pain may **become moderate pain** with medication use. It's also important to remember that some people may not benefit from any given medication. Remember that the ultimate goal with medications is to help you improve your function in the ways that are important to you. Specific goals should be set to help understand if the treatment is beneficial. There should be a plan about when and how to stop a medication if it isn't working to meet those goals.

Medication Positives	Medication Negatives



Over the Counter vs. Prescription Medication

- Advise caution with both.
- Prescription medications include those with the potential for misuse or that may require closer monitoring.
- It is important to ensure physicians and pharmacists are aware of all medications including OTCs, herbals, and those from different doctors.

Take-Home Message

- **The mind and body work together** in pain and healing.
- **The placebo effect is real**, not imaginary – it involves actual biological changes.
- **Exercise** remains one of the most effective long-term pain strategies.

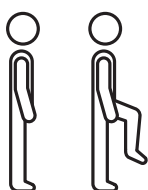
And perhaps most importantly, how care is delivered matters. Things like trust, hope, and feeling listened to can all boost your body's natural ability to manage pain.

Gentle Movements and Stretches

Work up to doing each exercise of your choosing 8 times. Begin with 1-2 exercises and continue to add an exercise every 1-2 weeks. Consistency is key.

Lower Body

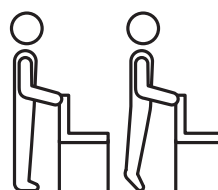
Marching in Place



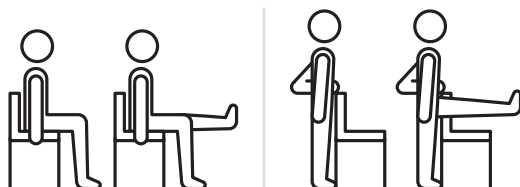
Ankle Circles



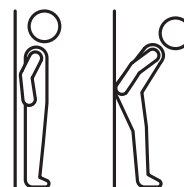
Heel/Toe Raises



Leg Extension/Leg Lift

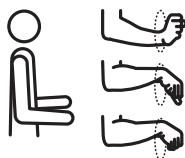


Hip Hinge

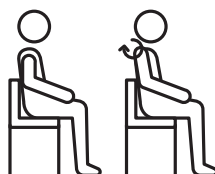


Upper Body

Wrist Circles



Shoulder Rolls



W Pose



Reach Up, Reach Out, Give Yourself a Hug



Strengthening Exercises

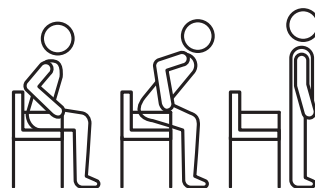
Core Activation



Balance (Feet Together)



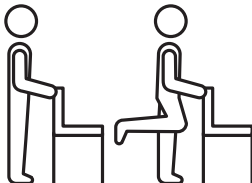
Sit To Stand



Wall Plank



Standing Leg Curl



Wall Push-Up



Mind-Body Connection: Reframing Thoughts (Old vs. New Thinking)

Together we will practice turning our **old** thoughts into **new** ones using these questions to guide us.

Old Thinking

Pain means the back is damaged. Every time I move it and the pain gets worse I am causing more damage.

New Thinking

Pain protects us from damage and promotes healing. My pain system is hypersensitive and I am training it not to be though pacing.

Old Thinking	New Thinking
Pain means the back is damaged.	Pain protects us from damage and promotes healing.
Persistent Pain means the body is still damaged or in danger.	Persistent Pain means an oversensitive pain system that might be preventing recovery.
Persistent Pain has a single cause.	Persistent Pain nearly always has many causes.
Persistent Pain is unchangeable. The best way you can do is learn to manage it and live well despite it.	Persistent Pain is changeable. There are many ways to reduce pain and gradually reduce your oversensitive pain system.

(Moseley, L. et al. (2024). *Resolve Back Pain*, Noigroup Publications, p. 8)

Mind-Body Connection: Gratitude

What has my pain made me grateful for? For example, greater empathy toward others.

What are six things in my life for which I am grateful?

Participant Note:

Practicing gratitude can reduce pain by deactivating brain areas that amplify sensory input, while activating regions involved in emotion regulation and pain control.

Approach to Activity: Safely Increasing Activity

You can push yourself a little bit – nudge your pain system little by little. You have to be relentless about the cow path. These little nudges are what pacing is about. These nudges will gradually change the brain and decrease that overprotective buffer.

Activity Time Chart

When you are **experiencing success** and **accomplishing things**, you run the risk of **overdoing it** and **getting carried away**. This is dangerous because it will cause a flare up and set you back. We've given you this **Activity Time Chart** to **safely increase your activity one step at a time** – to continue establishing that new pathway we have been talking about.

Use the **Activity Time Chart** provided below to decide how to increase activity. Fill out the **new chart at the bottom of the page** as your guideline.

Current Activity Time	Increase Activity Time By:
Less than 5 minutes	30 seconds
5-10 minutes	1 minute
10-15 minutes	1 minute 30 seconds
15-20 minutes	2 minutes

Activity or Task	Pain Before Activity (0-10) 0 = mine 10 = worst pain imaginable	Minutes until pain increases by 1 point to pain scale	Seconds or minutes to increase activity by this week
Example: walking	5	6	1 minute

What Stung? and Check-out

You will now have some time to reflect on today's content using the **What Stung?** section, review the **Check-out** prompts, and begin planning one specific thing you'll focus on between now and next week.



What Stung?

Sometimes a topic, idea, or activity might stir up frustration, doubt, or discomfort – and that's okay. Use this space to reflect on anything from today's session that rubbed you the wrong way, made you feel annoyed, angry, skeptical, or just didn't sit right.

This is your chance to notice those reactions without judgment and think about what they might be telling you.

You might ask yourself:

- What came up for me during this session?
- Why might I have reacted that way?
- What thoughts or beliefs were touched on?

Check-out

Write a letter or note of gratitude to someone you are grateful for or to your future self to remember what you are grateful for.

When will I complete the positives and negatives chart? use the outcomes of this to determine if you want to make changes to your medications.

How will I work towards safely increasing my activity this upcoming week?

If you need additional support, do not disappear. Come and see your facilitator before you leave.



Reminder

Please bring your workbook and name tag next week.

[illegible]



Self Check-in

Welcome Back

You can refer to your **Week 7 Check-out** on p. 106.

Was I able to practice gratitude this week? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Did I increase the amount of an activity? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Did I practice the exercises from last week? ☐ Yes ☐ No

Did it improve my pain management?

☐ Yes ☐ No ☐ A little

Explain:

How could I incorporate this into my life going forward?

Reflection

Ask yourself these questions to help set you up for a successful week of practicing.

"Are You Stuck In Honey?"

We recognize that creating new habits can be difficult. If you didn't do one or all of the skills during the week, ask yourself:

What got in the way?

What needs to change?



“It does not matter how slowly you go, as long as you do not stop.”

- Confucius

Mindful Moment: Body Scan

Find a comfortable position – either seated or lying down. Allow your eyes to close, or soften your gaze. Take a slow, deep breath in... and gently exhale. Now bring your attention to your feet. Notice any sensations here. **Do they feel heavy or light? Warm or cool? Tense or soft?** Whatever you notice, simply observe it – no need to change anything.

Slowly shift your awareness to your ankles and lower legs. Notice what's present. **Are they relaxed? Holding tension?** Just observe and acknowledge what you feel.

Move your attention up to your knees and thighs. Tune in to any sensations – perhaps a sense of pressure, lightness, or stillness. Notice where the body feels supported by the ground or chair beneath you.

Bring awareness to your hips and pelvis. **Are there any areas of discomfort or ease? Heaviness or openness?** There's no right or wrong – just notice.

Now move your attention to your abdomen and lower back. **Can you feel your breath moving here? Are there areas that feel tight, soft, or neutral?** Acknowledge whatever is present with kindness.

Bring your focus to your chest and upper back. Feel the rise and fall of your breath. Notice how your body is holding itself in this moment.

Shift awareness to your shoulders. **Do they feel tight or relaxed? Heavy or lifted?**

Simply notice. Let your breath soften into any tension you find.

Now bring attention to your arms, hands, and fingers. **What sensations are present? Warmth, tingling, stillness?**

Finally, bring your awareness to your neck, jaw, and face. Notice if you're holding any tension here. Allow your expression to soften.

Take a final deep breath in... and slowly let it go.

As you return to the room, take a moment to acknowledge the wisdom of your body. You've just spent time listening to it – without judgment, just awareness. This is how we begin to understand what we feel, and where we feel it. When you're ready, gently open your eyes.

After we finish our **Mindful Moment**, answer the questions:

What did I notice during and right after the Body Scan mindful moment? What did I learn?

Mind-Body Connection: Believe in Your Success and Plan for Setbacks

It is important to believe that you can make small, helpful changes and that you have influence in your wellbeing.

Studies show that people who are hopeful about their situation experience their pain as less severe. (2021 Feb;190(1):307-312. doi: 10.1007/s11845-020-02251-1. Epub 2020 May 25)

Take a moment to think about how far you have already come. Maybe you have learned a new stretch, asked for help, or started showing up for yourself more. **Those are real wins.** They are proof that you can grow and adapt. This is neuroplasticity.

When you notice your progress, you build confidence. Use that proof to remind yourself that change is possible. Small steps, taken again and again, can lead to real improvement over time.

What are some of the successes you have had over the past 8 weeks?

Activities and Skills Recap

Over the past eight weeks, you've learned new skills and strengthened existing ones to help manage your persistent pain.

Below is a recap of the tools and activities we explored together. Take a moment to look through them:

- Which ones have become part of your daily life?
- Are there any you'd like to revisit or practice more often?

Remember, even **small steps can lead to meaningful change**. Keep choosing what works for you.

Week 1

Mind-Body Connection: Biopsychosocial Model (p. 11)

Approach to Activity: Pushing Through and Wait Until (p. 14)

Mindful Moment: Readiness to Change (p. 15)

Week 2

Mindful Moment: Shape Breathing (p. 21)

Mind-Body Connection: Coping (p. 24)

Mind-Body Connection: Listen to Your Body (p. 25)

Mind-Body Connection: Colour Zones (p. 26)

Approach to Activity: Pacing (p. 30)

Week 3

Mindful Moment: Guided Imagery (p. 37)

Mind-Body Connection: Mindfulness (p. 40)

Mind-Body Connection: Distraction and Fun (p. 41)

Approach to Activity: The Buffer Zone (p. 46)

Approach to Activity: Cow Path (p. 47)

Week 4

Mindful Moment: Five Senses Mindfulness Meditation (p. 53)

Mind-Body Connection: Grief (p. 55)

Approach to Activity: The Sweet Zone for Change (p. 61)

Approach to Activity: Adaptation and Delegation (p. 63)

Week 5

Mindful Moment: Pain Portrait (p. 69)

Mind-Body Connection: DIMS and SIMS (p. 70)

Approach to Activity: High and Low Function Days (p. 75)

Week 6

Mindful Moment: Journalling (p. 83)

Mind-Body Connection: Communication (p. 84)

Approach to Activity: Flare Up Plan (p. 90)

Week 7

Mindful Moment: Self-Kindness (p. 99)

Mind-Body Connection: Medications and the Placebo Effect (p. 100)

Mind-Body Connection: Reframing Thoughts (Old vs. New Thinking) (p. 104)

Mind-Body Connection: Gratitude (p. 106)

Approach to Activity: Safely Increase Activity (p. 107)

Week 8

Mindful Moment: Body Scan (p. 113)

Mind-Body Connection: Believe in Your Success and Plan for Setbacks (p. 114)

Approach to Activity: Balance Wheel (p. 120)

Approach to Activity: Readiness for Change (p. 122)

Plan for Setbacks

What are the signs you are coping or doing well?

Participant Note:

Remember the Biopsychological model. All aspects need to be considered when planning for setbacks.

What resources or tools can you use to help you cope?

What are signs that you are slipping into old thoughts and habits?

What will you do to get back on track? Revisit the concepts from this workshop.

☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____

A few suggestions to consider for **your continued success**:

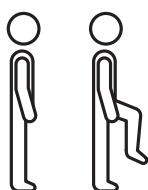
- Use the skills you've learned to continue to overcome the barriers that may arise.
- You have faithfully committed to being here for two hours out of every week and that doesn't have to stop. Keep prioritizing your health by **keeping time for yourself**.

Gentle Movements and Stretches

Work up to doing each exercise of your choosing 8 times. Begin with 1-2 exercises and continue to add an exercise every 1-2 weeks. Consistency is key.

Lower Body

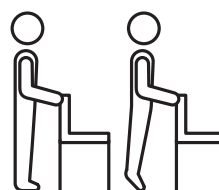
Marching in Place



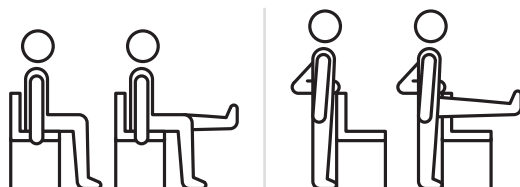
Ankle Circles



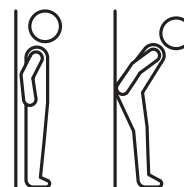
Heel/Toe Raises



Leg Extension/Leg Lift

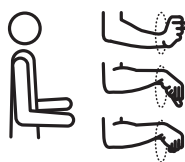


Hip Hinge

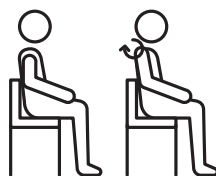


Upper Body

Wrist Circles



Shoulder Rolls



W Pose



Reach Up, Reach Out, Give Yourself a Hug



Strengthening Exercises

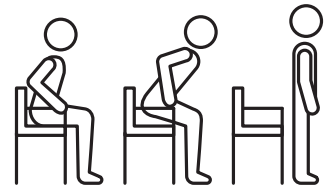
Core Activation



Balance (Feet Together)



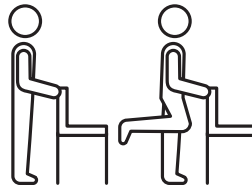
Sit To Stand



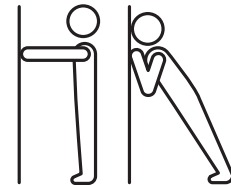
Wall Plank



Standing Leg Curl



Wall Push-Up



Approach to Activity: Balance Wheel

Create Balance in Your Life

This wheel provides an opportunity to reflect on your present life balance. Life Balance is constantly changing with life circumstance and stage of life. Take a few minutes to consider your life balance.

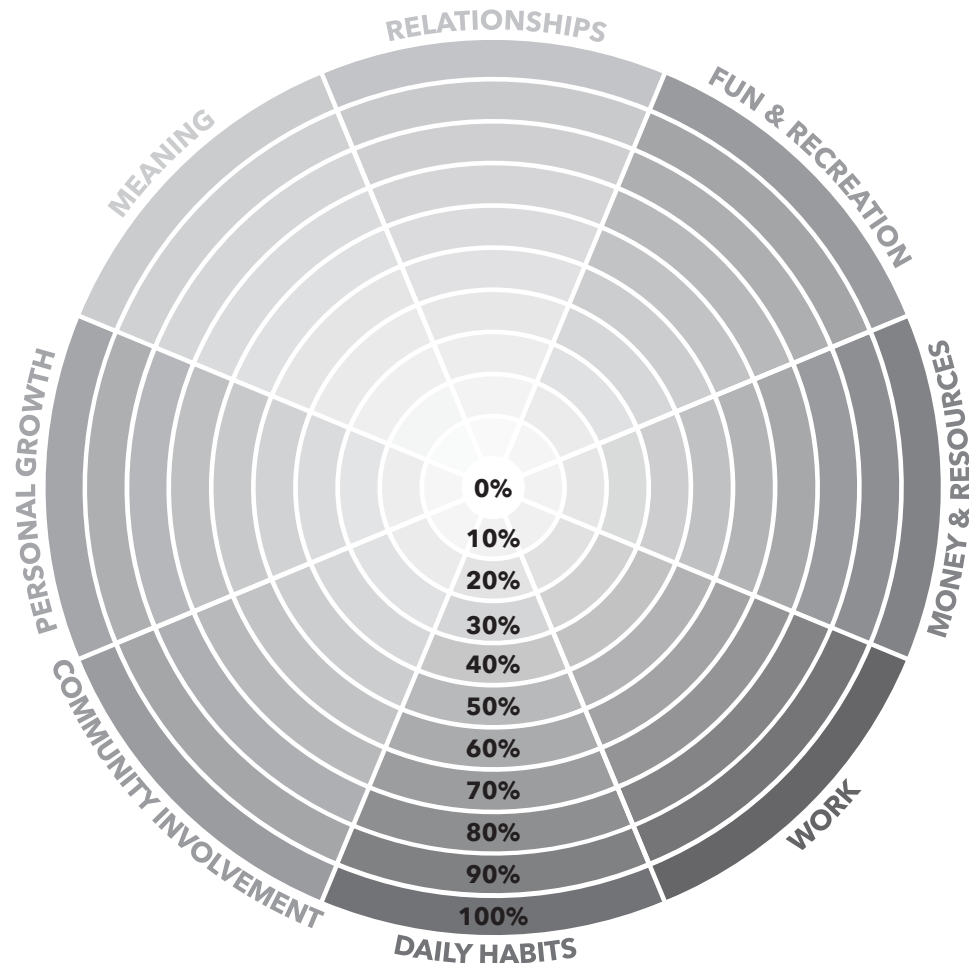
Mark an ✕ for the degree to which you are satisfied with this area of your life right now. Write the date and review monthly.

0% = Not Satisfied at all

100% = Extremely Satisfied

Reflect on areas where you are satisfied, and where you would like to make some changes. Use **Positive Daily Intentions**, **Microsteps** and **Longer Term Goals** to make those changes. Your choices reveal your priorities.

My Life Balance Wheel



RELATIONSHIPS

- Family and friends
- Colleagues
- Pets

FUN & RECREATION

- Sports
- Vacation
- Hobbies (e.g., art, music, reading)

MONEY & RESOURCES

- Financial and other resources
- Recognizing problem gambling
- Planning for the future

WORK

- Household work
- Caring for family
- Volunteer work
- Paid work

DAILY HABITS

- Sleep
- Nutrition
- Exercise
- Limiting alcohol and drugs
- Not using tobacco
- Healthy use of your smartphone

COMMUNITY INVOLVEMENT

- Local community
- Communities of interest (e.g., book club, environmental action group)

PERSONAL GROWTH

- Hopes and aspirations
- Learning and doing new things

MEANING

- Finding meaning in everyday activities
- Spirituality
- Feeling connected to others

Approach to Activity: Readiness to Change

Now that we have completed the course, how open-minded are you to this new approach to persistent pain that is based on training your brain and your body, and to the possibility that over time your pain, and your life, can significantly improve?

Circle the response that best matches your thoughts.



I am not interested in this treatment approach.



I am quite confident that this approach won't work because my pain is different from most.



I am prepared to learn more about this approach before deciding.



I am definitely interested and will give it a try.



I am fully ready and raring to go!

(Moseley, L. et al. (2024). *Resolve Back Pain*, Noigroup Publications. p. 5.)

Remember that change is not only possible, it is inevitable.

- Moseley, L., et al., 2024

What Stung? and Check-out

You will now have some time to reflect on today's content using the **What Stung?** section, review the **Check-out** prompts, and begin planning one specific thing you'll focus on between now and next week.



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This is your chance to notice those reactions without judgment and think about what they might be telling you.

You might ask yourself:

- What came up for me during this session?
- Why might I have reacted that way?
- What thoughts or beliefs were touched on?

Check-out

Do you feel confident in your setback plan and how will you implement it? If not what supports do you need.

What is your plan for the future to continue your success?

If you need additional support, do not disappear. Come and see your facilitator before you leave.



Reminder

Please bring your workbook and name tag next week.

Nutrition

- cookspiration.com
- sodiumtracker.ca
- Canada Food Guide: canada.ca/en/health-canada/services/food-guide.html
- myfitnesspal.com
- Your Healthy Meal Planning toolkit (plan three weeks of healthy dinners and more): heartandstroke.ca/articles/healthy-meal-planning-toolkit
- Canadian Diabetes Association: diabetes.ca/nutrition-fitness

Crisis Supports

- 24 Suicide Crisis Line (call or text): 988.ca
- Sexual Violence – Get Help: alberta.ca/sexual-violence-get-help
- Mental Health Help Line: [1-877-303-2642](tel:1-877-303-2642)

General

- *The Pain Revolution*, April 2017. Professor Lorimer Moseley. youtu.be/nifGFluVkUk?si=DPwgL4FvoUYFFnQZ (21 minute video)
- *Tame the Beast* website: tamethebeast.org (patient education website)
- *The Anatomy of Hope*, Jerome Groopman
- *When the Body Says No*, Gabor Mate
- *Resolve Back Pain Handbook*, Lorimer Moseley

Mind-Body Connection

- *The Brain's Way of Healing*, Norman Doidge
- UCLA website (*Mindfulness Meditation*): uclahealth.org/uclamindful/guided-meditations
- *The ZONES of Regulation*, Leah Kuypers. zonesofregulation.com
- *Mind Over Mood*, Dennis Greenberger and Christine Pedesky

Approach to Activity

- *Pain Management Network, NSW Agency for Clinical Innovation (ACI) website:*
aci.health.nsw.gov.au/networks/pain-management
- *Alberta Health Services Chronic Pain Series, Calgary Zone:*
albertahealthservices.ca/services/Page11132.aspx

Lifestyle

Sleep

- **InsomniaCoachApp**
- *Progressive Muscle Relaxation:* youtube.com/watch?v=9x3tl81NW3w
- *Say Goodnight to Insomnia*, 2009, Dr. Gregg Jacobs

Seniors

- *Special Needs Assistance Program (for 65 yrs+):*
seniors.alberta.ca/seniors/special-needs-assistance.html

Exercise

- *Canadian Physical Activity Guidelines: Canadian Society for Exercise Physiology:*
csepguidelines.ca
- *Exercise is Medicine Chronic Pain and Exercise Fact Sheet*, Australia, 2014:
exerciseismedicine.org.au/resources/factsheets

Smoking/alcohol

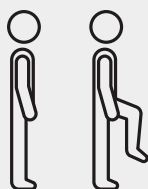
- Alberta Quits (smoking): **1-866-710-7848** or albertaquits.ca
- Recovery Alberta Mental Health and Addiction Services: recoveryalberta.ca
- AHS Addiction Helpline (24 hour 7 days a week): **1-866-332-2322**

Gentle Movements and Stretches

Work up to doing each exercise of your choosing 8 times. Begin with 1-2 exercises and continue to add an exercise every 1-2 weeks. Consistency is key.

Lower Body

Marching in Place



March on the spot, gradually lifting your knees a little higher. Hold onto a chair or wall for support if needed. Keep your core engaged and swing your arms naturally as you move.

More challenging option: Pause with your knee lifted at a 90° angle for 4 seconds before switching legs.

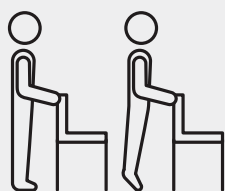
Ankle Circles



Lift one foot off the floor. Slowly rotate your ankle in a full circle. Complete 8 circles, then lower your foot. Repeat on the other side.

More challenging option: Stand on one leg and lift your thigh so it's parallel to the ground. Rotate your ankle 8 times in each direction. Repeat on the other side.

Heel/Toe Raises



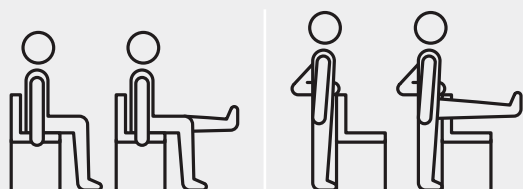
Stand with your feet shoulder-width apart. Lift your heels so your weight shifts onto your toes. Then gently lower your heels and lift your toes off the floor while keeping your heels down. Continue alternating between lifting your heels and lifting your toes in a slow, controlled motion.

More challenging option: This exercise can also be performed seated.

Continued on p. 130

Lower Body continued

Leg Extension/Leg Lift

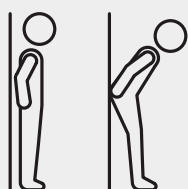


Sit upright in a chair with your feet flat on the floor. Straighten one knee, lifting your foot until your leg is extended. Lower with control. Repeat, then switch sides.

More challenging option (Standing Leg Lifts):

Stand on one leg. Lift the other leg in a controlled motion; forward, to the side, or backward. Lower slowly. Repeat, then switch sides.

Hip Hinge

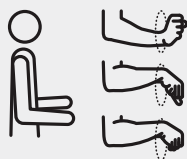


Stand with your feet about hip-width apart. Gently tighten your stomach muscles. Keeping your chest lifted and head in a neutral position, push your hips back as if you are trying to tap your bum toward a chair behind you. Keep your back straight as you hinge forward slightly. Return to standing by bringing your hips forward and squeezing your buttocks. Repeat in a slow, controlled motion.

More challenging option: This movement can also be practiced seated by sitting tall and gently hinging forward from your hips, then returning to an upright position.

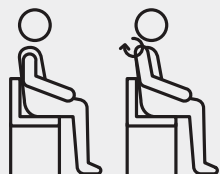
Upper Body

Wrist Circles



Extend your arms straight out in front at shoulder height. Rotate your wrists in small circles, keeping your arms still. Complete 8 circles. Switch direction and repeat.

Shoulder Rolls



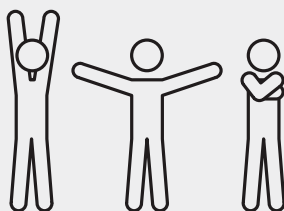
Slowly rotate your shoulders in a circular motion. Complete 8 rotations in one direction, then 8 in the opposite direction. Keep the movement controlled at all times.

W Pose



Extend your arms straight out in front of you at shoulder height. Pull your elbows back, bringing your hands up toward your ears as you squeeze your shoulder blades together. Then lower your elbows down toward your sides, keeping your chest lifted.

Reach Up, Reach Out, Give Yourself a Hug



Sit or stand tall. Reach your arms up as high as you can. Stretch out to the sides as wide as possible. Finish by giving yourself a hug. Hold each position for up to 30 seconds.

Strengthening Exercises

Core Activation



Sit with your fingers behind your lower back for support. Take a deep breath, then exhale quickly as if blowing out a candle, feeling your hands being gently pressed between your back and the chair. Once you can engage your core, try breathing slowly in and out while keeping your abdominal muscles tense.

Balance (Feet Together)

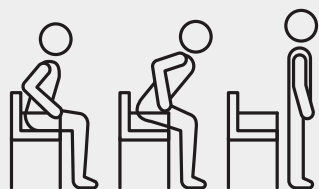


Stand in front of a counter with your feet close together. Try to maintain your balance without holding onto the counter.

More challenging options:

- Place one foot slightly in front of the other, heel to toe.
- Lift one foot off the ground and balance on the other.

Sit To Stand

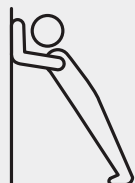


Sit in a sturdy chair with your feet flat on the floor. Lean your chest slightly forward and press through your feet to stand up, then lower yourself back down slowly and with control. Use the armrests if needed. To make it more challenging, cross your arms over your chest and gently tap the chair before standing again, keeping your core tight throughout.

Continued on p. 133

Lower Body continued

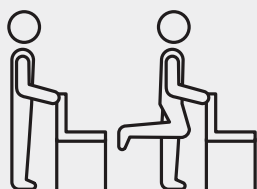
Wall Plank



Stand facing a wall and place your forearms on the wall at shoulder height. Step your feet back slightly so your body is at a gentle angle. Keep your body straight from head to heels, tightening your stomach and buttocks to prevent sagging or shifting. Hold this position while breathing steadily.

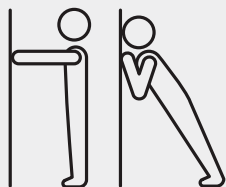
More challenging option: To make it more challenging, perform the hold against a lower surface, such as a sturdy table or counter.

Standing Leg Curl



Stand with your feet shoulder-width apart, holding a chair for support if needed. Shift your weight onto one leg and bend the other knee, bringing your heel toward your buttocks. Lift and lower slowly and with control. Aim for about 5 seconds to lift and 5 seconds to lower. Return to standing and repeat on the other leg. Keep your movements steady and balanced throughout.

Wall Push-Up



Stand facing a wall and place your hands on the wall at about chest height, slightly wider than your shoulders. Step back just enough so your body is on a slight angle. Keep your hands at chest level (not up near your shoulders or head). Keep your body straight from head to heels. Bend your elbows to slowly bring your chest toward the wall. Push through your hands to return to the starting position. Repeat in a slow, controlled motion. To increase the difficulty, move farther from the wall or place your hands on a lower surface.

Green Zone	Blue Zone	Yellow Zone	Red Zone
Happy	Sad	Frustrated	Mad/angry
Calm	Sick	Worried	Terrified
Feeling okay	Tired	Excited	Yelling/hitting
Not focused on pain	Bored	Hyper	Elated
Focused on what is going well	Moving slowly	Agitated	Out of control
Relaxed	Sore	Focused on pain	All consumed with pain
I can do this differently.	Stiff	Body tense	Wincing
	I'm too tired to do anything.	I can't do the things I used to.	I'm never going to be okay.
			This will never get better.



My Activity Calendar

Write in the activity or exercise you did each day and for how long.



Reminder

Use your pacing. This will help you to see your progress.

Week 1	
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Week 2	
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Week 3

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Week 4	
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Week 5

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Week 6	
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Week 7

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Week 8

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Pain S-E Questionnaire (PSEQ)

Name: _____ Date: _____

Please rate how confident you are that you can do the following things **at present, despite the pain**. To indicate your answer, mark one of the numbers on the scale under each item, where 0 = not at all confident and 6 = completely confident.

For example:

◀ Not at all confident		Completely confident ▶				
0	1	2	3	4	5	6
☐	☐	☐	☒	☐	☐	☐

Remember, this questionnaire is not asking whether or not you have been doing these things, but rather **how confident you are that you can do them at present, despite the pain**.

	◀ Not at all confident		Completely confident ▶				
	0	1	2	3	4	5	6
1. I can enjoy things, despite the pain.	☐	☐	☐	☐	☐	☐	☐
2. I can do most of the household chores (e.g., tidying-up, washing dishes, etc.), despite the pain.	☐	☐	☐	☐	☐	☐	☐
3. I can socialise with my friends or family members as often as I used to do, despite the pain.	☐	☐	☐	☐	☐	☐	☐
4. I can cope with my pain in most situations.	☐	☐	☐	☐	☐	☐	☐
5. I can do some form of work, despite the pain ("work" includes housework, paid and unpaid).	☐	☐	☐	☐	☐	☐	☐
6. I can still do many of the things I enjoy doing, such as hobbies or leisure activities, despite the pain.	☐	☐	☐	☐	☐	☐	☐
7. I can cope with my pain without medication.	☐	☐	☐	☐	☐	☐	☐
8. I can still accomplish most of my goals in life, despite the pain.	☐	☐	☐	☐	☐	☐	☐
9. I can live a normal lifestyle, despite the pain.	☐	☐	☐	☐	☐	☐	☐
10. I can gradually become more active, despite the pain.	☐	☐	☐	☐	☐	☐	☐



Moving on With Persistent Pain Week 8 - Participant Evaluation

Date: _____

List the **Alberta Moving on with Persistent Pain** program number you are registered in (e.g., 133). If you are unsure, ask your facilitator. _____

We welcome your feedback about the **Alberta Moving on With Persistent Pain** program and are interested in your experience with the program. Thank you for your time in completing these questions.

About the Workshop

	Very Dissatisfied	Dissatisfied	Satisfied	Very Satisfied
1. Please check the box that reflects your overall satisfaction in taking Alberta Moving on With Persistent Pain .	☐	☐	☐	☐
2. Please check the best answer about the Alberta Moving on With Persistent Pain program:				
	Strongly Disagree	Disagree	Agree	Strongly Agree
a. Workshop was easy to understand and follow.	☐	☐	☐	☐
b. Workshop provided good mix between listening and group activities.	☐	☐	☐	☐
c. The participant workbook is useful reference in practicing persistent pain management skills.	☐	☐	☐	☐
d. I am confident I can use the skills learned in my daily life.	☐	☐	☐	☐
e. I have or am developing a support network.	☐	☐	☐	☐
f. The workshop environment felt safe and non-judgemental.	☐	☐	☐	☐

Continued on p. 143

3. What was **most** helpful about this program?

4. What was **least** helpful about this program?

Personal Change

5. Pick one Persistent Pain management technique that you intend to use regularly:

6. Would you refer a friend to this workshop?

☐ Yes ☐ No

7. Where did you hear about this workshop?

- ☐ My family doctor or nurse practitioner (PCP)
- ☐ Another health care team member
- ☐ Radio advertisements
- ☐ Bus advertisements
- ☐ Friend or family member
- ☐ Social media
- ☐ Newspaper advertisement
- ☐ Other PCN workshop: _____
- ☐ Other: _____

About You

8. Are you:

- ☐ Male ☐ Female
- ☐ Transgender male
- ☐ Transgender female
- ☐ Non-binary
- ☐ Prefer not to answer
- ☐ Prefer to describe

9. Age:

- ☐ 18-24 ☐ 25-44
- ☐ 45-64 ☐ 65+

Thank you for completing this survey. We are collecting this information according to the requirements specified in the *Health Information Act of Alberta*, sections 27 (1) (a), (g).

Notes

[illegible]



Alberta Moving on with Persistent Pain

