

Next Steps and Managing Setbacks

Next Steps

Keep going with the pain management strategies you've learnt in the group and working on the goals you've set for yourself

Easier said than done! What are likely to be the biggest barriers for you?

Time

Prioritise, one thing at a time, be kind to yourself

Can you swap out one activity that isn't as helpful for a new one that is more helpful?

Can you do new activities alongside existing ones e.g. mindfully brushing your teeth

Demands from others

Consider communication

Consider self-care and compassion

Airplane analogy – put on our own oxygen mask before we help others

Next Steps

When making changes the motivation doesn't always come first!

Motivation can be generated by energising and persistent goal-directed behavior e.g. if we 'do' over and over, we will start to feel motivation to 'do'

Commitment and planning

Although it is important to be committed; it is also important to be flexible, rather than rigidly sticking to particular activities that aren't helping as much as others might.

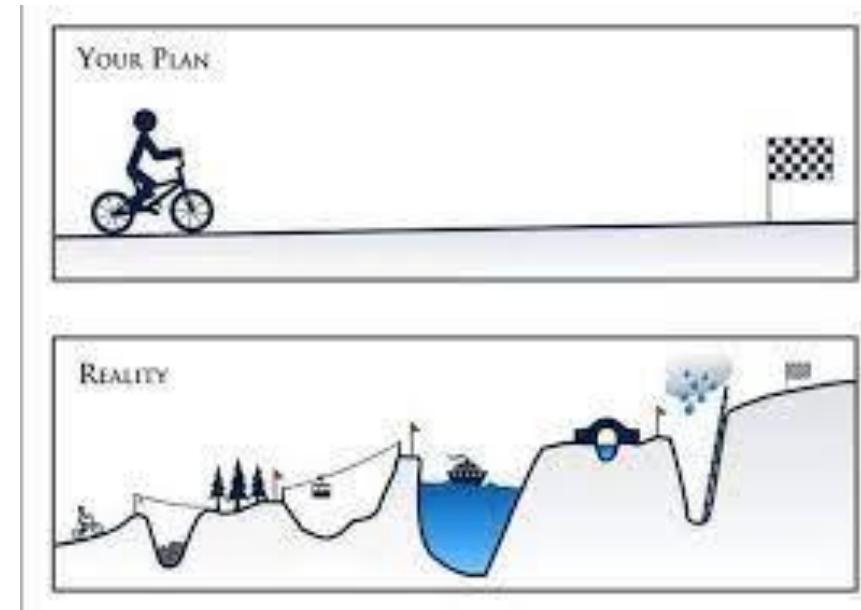
Planning activities/behaviours in a step by step, in an achievable way, and committing to them will help to generate the motivation that can support us to keep going.

Practice makes permanent!

Repetition = habit (average 66 days)

What is a setback?

An event that delays your progress or reverses some of the progress you have made.



Examples....

- Pain flares
- Other illness (acute or chronic)
- Other life stressors
- Increased fatigue
- Reduced mobility
- Disruption to your pain cycle
- Increase in negative thoughts
- Avoiding usual activities
- Wider commitments and stressors
- Unexpected scenarios
- Pain management tools not working as well as they were previously

What to do during a setback

Revisit what you have learned

- Could you have done anything different?
- Have you stopped doing anything that was helping?

Were there any triggers? Remember BIO-PSYCHO-SOCIAL

Has this or something similar happened before?

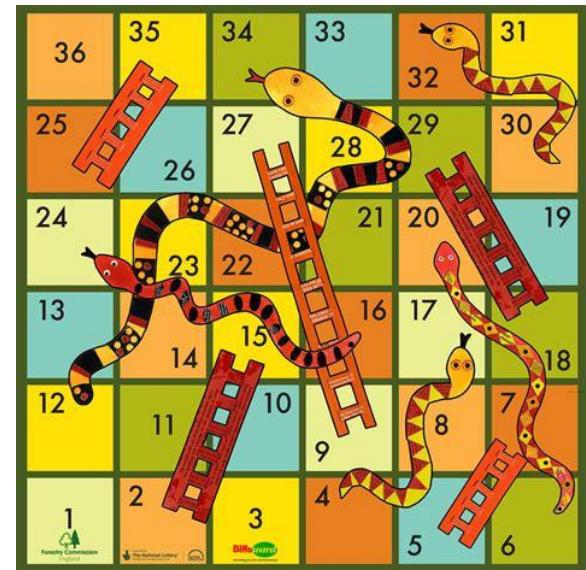
What helped last time?

Be kind to yourself and do more of what you find soothing

Talk to a family member or friend

Remind yourself of how far you have come with managing your pain

Remind yourself about your “Set Back Plan”



Having a Setback Plan- BE PREPARED

Writing it down helps to remind yourself of what could cause a setback.

It can be helpful preparation for when they occur, especially when you are taken by surprise.

Questions to ask now:

What could cause a setback?

What are my early warning signs of a setback?

What would I do to manage a setback?

Enjoyable activities to do during a setback?

Questions to ask later:

What were my goals prior to my setback and how can I work towards them again?

Does anything need to be altered?