

# PAIN SELF-MANAGEMENT TEN FOOTSTEPS PROGRAMME

**Louise Trewern and Tim Atkinson, Lived Experience of  
Chronic Pain**

**Dr Laura Hissey, Health Psychologist**

**Kirsty Jackson, Physiotherapist**



**17<sup>th</sup> February 2023  
Session Two**





# Recap & Review

- What areas have gone well for you in exploring or using Ten Footsteps approach and/or other suggested resources

Responses in the chat...

- What struggles have you had? Let's problem solve them where possible

Responses in the chat...

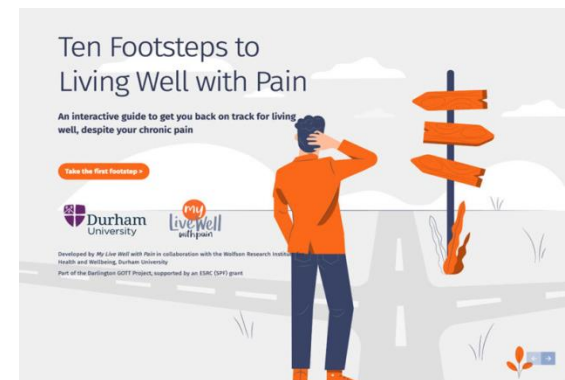


# Overview of Session 2

## □ Focus on Footsteps :

- ▣ Footstep 3: Pacing
- ▣ Footstep 4: Goal Setting
- ▣ Footstep 5: Relaxation and Mindfulness
- ▣ Footstep 6: Sleep
- ▣ Footstep 7: Communication
- ▣ Footstep 8: managing moods
- ▣ Footstep 9: medicines and nutrition
- ▣ Footstep 10: Setbacks

## Ten Footsteps Training Programme





Footstep 3

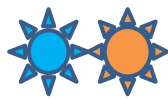
**Pacing**



# How does pain affect activity?

---

- Whiteboard activity

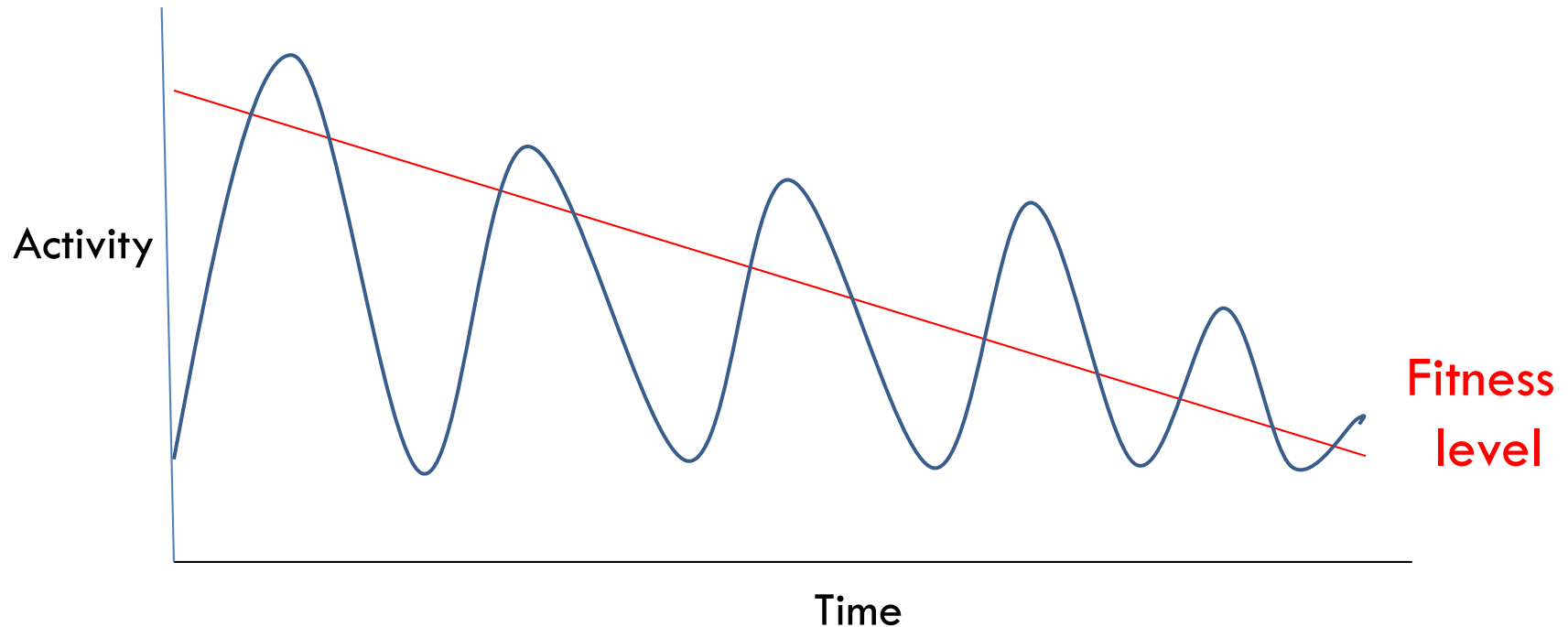


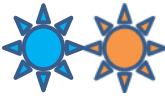
# Footstep 3 Pacing

6

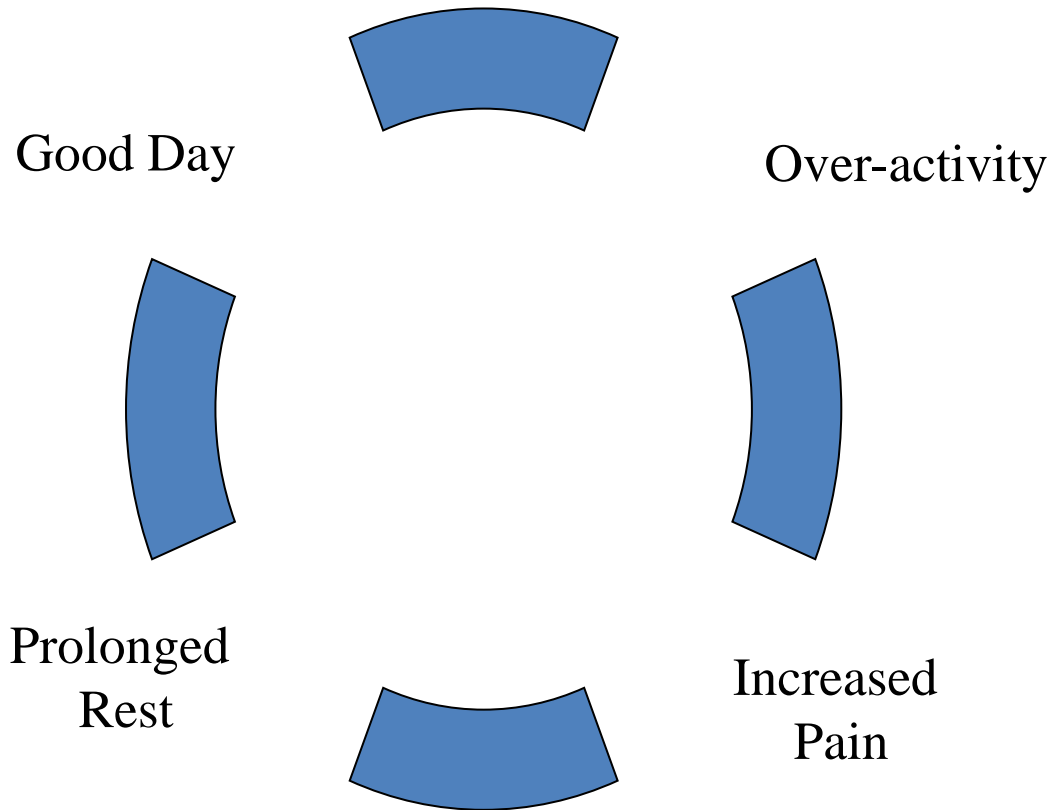
Getting active, balancing activities and effort

## Activity Cycling





# Activity Cycling and deconditioning



- ☐ Frustration
- ☐ Feeling that pain/fatigue is in control
- ☐ Reduced fitness levels
- ☐ Reduced activity levels

# Footstep 3:

## Pacing Tools and Resources



### My activity diary

Use this in conjunction with Pacing – a really useful skill for people with pain from My Live Well with Pain



Time	Activity	How many minutes did you do?
8am	Shower Got dressed Made me and Anne some breakfast	10 5 20
9am	Washed the dishes and tidied the kitchen	25
10am	Sat with Anne and had a coffee and a chat Sat in kitchen and wrote a shopping list	45 15

© My Live Well with Pain 2020

## Understanding current activity patterns:

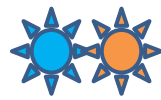
- Over active?
- Underactive?
- Boom- Bust pacing?



**Download these handy templates to help you with your pacing**

[Download: My Activity Diary](#)





# Footstep 3 Pacing

## Getting active, balancing activities and effort

### Pacing: daily activity/effort management

- ❑ Break activity into manageable chunks
- ❑ Balance of regular, enjoyable activity & rest
- ❑ Balanced thinking
- ❑ Avoid 'boom & bust' activity cycling

### Plan and prioritise your days:

- ❑ What Activities can I pace today
- ❑ How long before I take a Break?
- ❑ Check what is the effort level on the scale

**Pacing – a really useful skill for people with pain**

my LiveWell with pain

Every time I try to get fitter I overdo it and end up feeling even worse

My pain and stiffness stop me from even starting to become more active

I find it difficult just to do the everyday things like going upstairs, cooking or doing the washing

I used to be able to run 3k and I should be able to but I can't, so it isn't worth doing any exercise at all.

People living with persistent pain find that pacing is one of the key everyday skills to learn and use. In this leaflet you will find out what pacing means and discover the benefits of balancing activities through the day.

Pacing can help you achieve your goals without increasing your pain or letting tiredness force you to stop. As you'll see, pacing is like the story of the tortoise and hare: slow and steady wins the race.

© My Live Well with Pain 2016

page 1



# Footstep 3:

## Pacing Tools and Resources

### My daily pacing plan

Use this in conjunction with Pacing – a really useful skill for people with pain from My Live Well with Pain



Activity	On good day	On a bad day	On an average day	Number of times per day	Effort scale level (0-10)
Standing and cooking	10 mins	5 mins	7 mins	5	6
Lying down for a rest	15 mins	60 mins	25 mins	2	1
Walking	5 mins	2 mins	3 mins	3	5-7

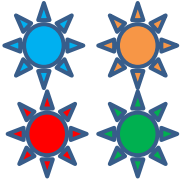
© My Live Well with Pain 2020

□ Support implementation



**Download these handy templates to help you with your pacing**

[Download My Daily Pacing Plan](#)



# Task:(LETs): Freethink ...

11

## What do you do to help you pace yourself?



### Footstep 3 **Pacing**

Pacing is a crucial skill to help patients break out of the 'boom and bust cycle' of behaviour and adopt balanced levels of activity. It is a number one skill for becoming more active despite the pain.

[Download and print the text of this Footstep](#)

# Practicing explaining the 3 Ps:

## Break out rooms

Time	Activity	How many minutes did you do?
7am	Woke up. Had a shower	20mins
7:30	Woke the children up Made children breakfast I got dressed Helped children get dressed	5 mins 15 mins 30 mins
08:30	Drove children to school Walked to school gates and back to car	15 mins 15 mins
09:00	Drove to shop Picked up some shopping Drove home	10mins 20 mins 5mins
09:45	Unpacked shopping Sorted the laundry +put a load of washing on Did the washing up	15mins 20mins 25mins
10:45	Made cup of coffee, sat down	15mins
11:00	Hoovered downstairs	20mins
11:30	Made some toast watched TV	5mins 20mins
12:00	Fell asleep watching TV	1 hour
1:00	Did ironing	45 mins
1:45	Watched TV	45mins

2:30	Drove to school Walked to and from school Drove home	15mins 20 mins 15mins
3:15	Watched TV with the children	1 hour
4:15	Made children their tea	20mins
4:35	Watched TV with the children	30mins
5:00	Fed the rabbit	10mins
5:10	Did children's reading books and spellings	50mins
6:00	Ran the children's bath + Got their pyjamas ready Bathed the children + Read them a story	60mins
7:00	Put microwave meal in Ate dinner	5mins 30 mins
7:30	Packed the children school bags Made packed lunch for them	30mins
08:00	Watched TV	1 hour
09:00	Got ready for bed	20mins
09:20	Watched TV in bed	1 . 5 hours
11:00	Fell asleep	



# Footstep 4: Setting Goals

**my Live Well with pain**

## Goal setting – a great way of taking back control

**A**

Goals are a helpful way of noticing and recording the progress you make over time. Sometimes, for people with chronic pain, achieving your goals may take longer and require more planning. However, this doesn't mean it is impossible.

**B**

You will need...

**C**

One way of increasing your ability to reach your goals is to develop the skill of goal setting. As you'll see, goal setting helps you get back control in many different areas of your life and this, in turn, will increase your self-confidence.

© my Live Well with pain 2020

page 1



# Footstep 4 Setting Goals

Get fitter, build skills, address fears, find resources

14

Their valued goals – not yours!

## □ SMART-ER Goal setting

Specific,  
Measurable,  
Achievable,  
Rewarding ,  
Time-framed  
Evaluate,  
Revise

## □ Activity, Relaxation and Fun Goals

## □ Regular review (initially!)

### My SMART goals

Use this in conjunction with *Reaching goals and creating rewards - a guide to SMART goal setting from My Live Well with Pain*



Area of my life	Example goals to give you inspiration	My SMART goals (you don't have to fill them all in)
Social/fun activities	Go out for a meal, watch a film, have a coffee with a friend, do craftwork, plant up a flowerbed	
Work	Paid or voluntary, staying in current role, reduce/increase hours, retrain	
Hobbies	Gardening, fishing, drama, walking, guitar	
Household tasks	Changing and making beds, cooking meals, vacuuming, cleaning, managing finances	
Physical activity	Stretches, walking to the shops, football in park, yoga, swimming	
Caring for myself	Having a bath, putting my own socks and shoes on, cooking a nice meal	



# Footstep 4 Setting Goals

Get fitter, build skills, address fears, find resources

15

## Tips

- ☐ Write down or record their goal in some way so that they are clear on the plan and can track their progress
- ☐ Encourage active problem solving (avoid providing tailor-made solutions!)
- ☐ Positive feedback
- ☐ Reward! must be enjoyable

Coaching style..... examples check out

[www.livewellwithpain.co.uk/resources/supporting-self-management/](http://www.livewellwithpain.co.uk/resources/supporting-self-management/)

### My goal ladder

Use this in conjunction with Reaching goals and creating rewards - a guide to SMART goal setting from MyLive Well with Pain



My goal is:

My SMART goal at the end of 4 weeks is to:

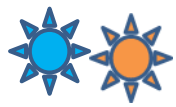
	Steps on the way to reaching my goal	Things that will help my progress	Things that might block my progress
Week 4			
Week 3			
Week 2			
Week 1			
START - Week 0			



# Your role as a facilitator

- Praise positive achievement (no matter how small!)
- Support problem solving (but do not supply the solution)
- Avoid dwelling on failure
- If the patient is really struggling you can ask them to think what they would say to a friend with the same problem.
- If they are really struggling, you can give an example a “past patient” used
- Never give your own opinion or provide a solution as this disempowers the patient





# Breakout room activity

## Goal Setting

17

### STEP 3 Do you have any problems or difficulties with:

- |    |   |                                     |
|----|---|-------------------------------------|
| 1  | Walking or moving about, lack of fitness and stamina  | <input checked="" type="checkbox"/> |
| 2  | Balance or recurrent falls  | <input type="checkbox"/>            |
| 3  | Side effects or problems with current pain medication e.g. tablets etc.   | <input type="checkbox"/>            |
| 4  | Pain relief   | <input checked="" type="checkbox"/> |
| 5  | Understanding why persistent pain occurs  | <input checked="" type="checkbox"/> |
| 6  | An unhelpful pattern of activity of doing too much, getting more pain, then doing too little  | <input checked="" type="checkbox"/> |
| 7  | Eating the right sort of foods, weight changes  | <input type="checkbox"/>            |
| 8  | Disturbed sleep, tiredness or lack of energy  | <input checked="" type="checkbox"/> |
| 9  | Managing mood changes of depression, anger, anxiety or worry  | <input checked="" type="checkbox"/> |
| 10 | Relationship difficulties: with partner, family etc, or sex life concerns   | <input type="checkbox"/>            |
| 11 | Remaining in work or returning to work and/or training  | <input type="checkbox"/>            |
| 12 | Financial or money difficulties   | <input checked="" type="checkbox"/> |
| 13 | Other difficulties (for example, concerns about housing, leisure or social events, drinking, gambling or drug use). Please describe here: |                                     |

**STEP 4** If you ticked more than three boxes above, please circle the three most important ones to change.

## Task: work in 3s

### Clinician and patient

Using the areas identified in the patient's completed Health check tool, support your patient to set a SMART goal.

### Observer

Help the clinician and Patient to check that their goal is SMART

Write your SMART goal in the chat

Specific,  
Measurable,  
Achievable,  
Rewarding ,  
Time-framed



Footstep 5

# **Relaxation and mindfulness**





# Freethink: Why is relaxation important?



# Lived Experience - Relaxation

---

- What do you do to relax?
- What relaxation strategies have you found helpful?
- What were/are the challenges in learning to relax?



# Footstep 9: Relaxation & Mindfulness

- Relaxation is a skill, an active process
- Learning this skill takes time
- Our role is to offer options to explore

## Summary of key points

- Relaxation and mindfulness are skills that patients learn and practice at regular intervals, like learning a language
- These activities are safe and evidenced to benefit mood and quality of life
- You can encourage patients to choose relaxation methods that most appeal to them – there are many options
- By participating in a mindfulness course, patients can become skilled in directing their attention to where they want it to be

# Action to take

Some ideas for you to offer your patient ...

## ❖ **Relaxing activities**

These are activities that can be absorbing and distracting.  
Examples include:

- **Gardening**
- **Listening to favourite music**
- **Fishing**
- **Colouring/puzzles/crafting**
- **Mind-body exercise: Yoga, Tai-Chi, Pilates**

All of these can also be done 'mindfully' to maximise benefits.

# Action to take

## ❖ Guided relaxation

This includes things such as:

- **Progressive muscle relaxation**
- **Breathing exercises**
- **Distracting the mind to imagine being in a pleasurable environment e.g. walk on the beach**

## ❖ Mindfulness or meditation

Mindfulness is about training the brain to be in the moment and creating a pause between thoughts and feelings enabling a choice in how to respond rather than a reaction.

Mindfulness practices have been shown to be beneficial in the management of persistent pain.

Footstep 6

**Sleep**





# Freethink: What are common problems with sleep for people with pain?

## Common problems:

- Worry thinking about sleep pattern “what it should be”
- Poor sleep routines and/or negative associations
- Daytime napping
- Disrupted sleep pattern (e.g. the role of unwinding the painful body, broken sleep, regular awakenings)
- Use of media & entertainment at night





# Sleep: Facts or myths

- 1) People of all ages needs 8 hours sleep each night
- 2) It helps to drink caffeine or “cola” based drinks to help your sleep
- 3) Resting in bed, watching TV helps for a better night’s sleep
- 4) Snoring and waking through the night is normal
- 5) A good night’s sleep means waking episodes in the sleep cycles through the night
- 6) A memory foam mattress will help improve my sleep

# Sleep Well With Pain

How to Sleep well with pain

## 1 Your daily routines

To understand why daily routines matter it's useful to know a bit about how sleep is controlled by your body. Two systems in your body are important: your **body clock** and your **sleep drive**.

How to Sleep well with pain

## 4 Your night-time routines

The things that you do leading up to bed time can help your mind and body get ready to sleep well. We tell children this and yet we forget this applies to adults too!

How to Sleep well with pain

## 2 Your activity levels

Like many people with persistent pain, you may be avoiding physical activity because you are worried it will make your pain worse.

How to Sleep well with pain

## 5 Helping your mind & body to rest

Making sure that your bedroom is 'fit for sleep' can make a big difference. But you may still find that it is difficult to relax in bed as your mind is racing or your body is tense.

How to Sleep well with pain

## 3 Your food & drink choices

There are many simple changes you can make to your eating and drinking habits in the evening to help yourself sleep well. Here are some suggestions for you to explore:

# Useful resources

## How to Sleep well with pain



If you're living with pain and struggling with sleep then you're not alone. It's very common for people with persistent pain to have difficulties getting to sleep or staying asleep.

**Why can't I sleep?**

It's likely that there are a number of causes of your sleep difficulties. Here are six triggers often found by people living with pain:

- You NOTICE your pain more as there are no other distractions at night
- You are experiencing MOOD CHANGES that create tension in your body
- You are NOT COMFORTABLE in your bed or you are DISTURBED by sounds or light in your bedroom
- Your MEDICATION for pain or low mood makes you drowsy in the day so you sleep at irregular times
- You WORRY about how your lack of sleep will affect you the next day
- You are NOT IN A REGULAR ROUTINE so your mind and body are confused about when it is time to rest

### A vicious cycle

You have probably discovered that poor sleep can have some unhelpful effects on your day-to-day life.

After a broken night's sleep you may find:

- it's harder to concentrate
- you are short tempered with other people
- your mood is low

It's very common for people to find that poor sleep makes their pain seem worse. They can find themselves in a vicious cycle where pain makes sleeping difficult, and poor sleep worsens pain.

The really good news is that there are lots of ways to improve your sleep.

### The good news

Thanks to recent research, we now know that sleeping well with pain is possible, with a different approach and maybe a few new skills.

Over the next few pages we will share with you some ideas and techniques that other people living with pain have found helpful. We're going to look at five areas of your life and suggest some simple changes that you can make to your activities and routines.

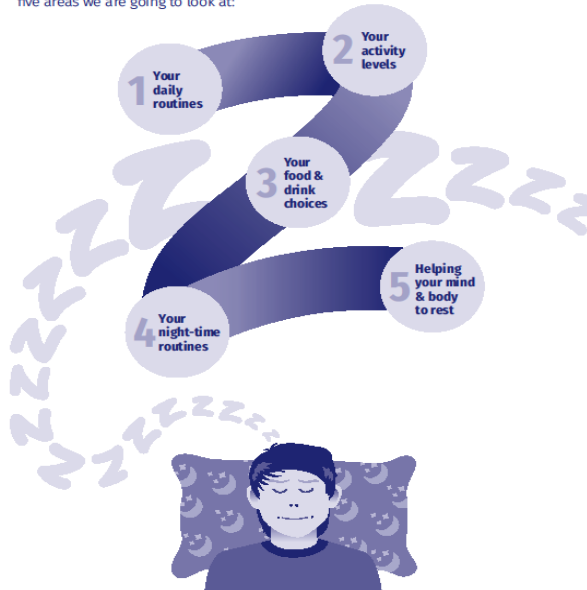
Some things you can try out straight away others may need a bit more thought and planning. So we're also going to show you how to set some sleep well goals and then create a plan so that you can get going.

© Nicola Stenberg and Frances Cole, My Live Well with Pain 2018

page 1

## The five areas

There are lots of changes you can make to help you to sleep well. Over a period of five to six weeks these can make a huge difference. Here are the five areas we are going to look at:



My sleep well plan				
	My sleep well goals	What I will do	When I will do it	What I need to help me
1 My daily routines				
2 My activity levels				
3 My food & drink choices				
4 My night-time routines				
5 Helping my mind & body to rest				

# Lived Experience - Sleep

---

- What helped you improve your sleep?
- What specific strategies do you use now?
- What would have been helpful to hear from a Health Care Professional?

Footstep 7

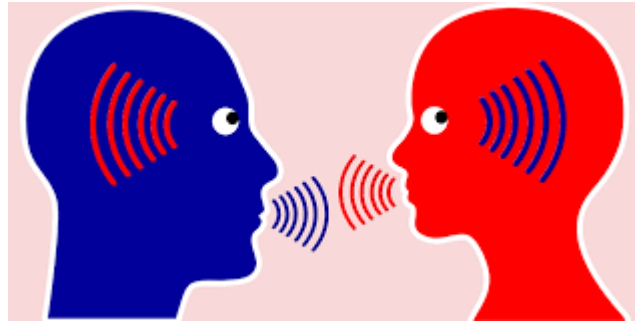
# Communication



# Relationships & Communication

31

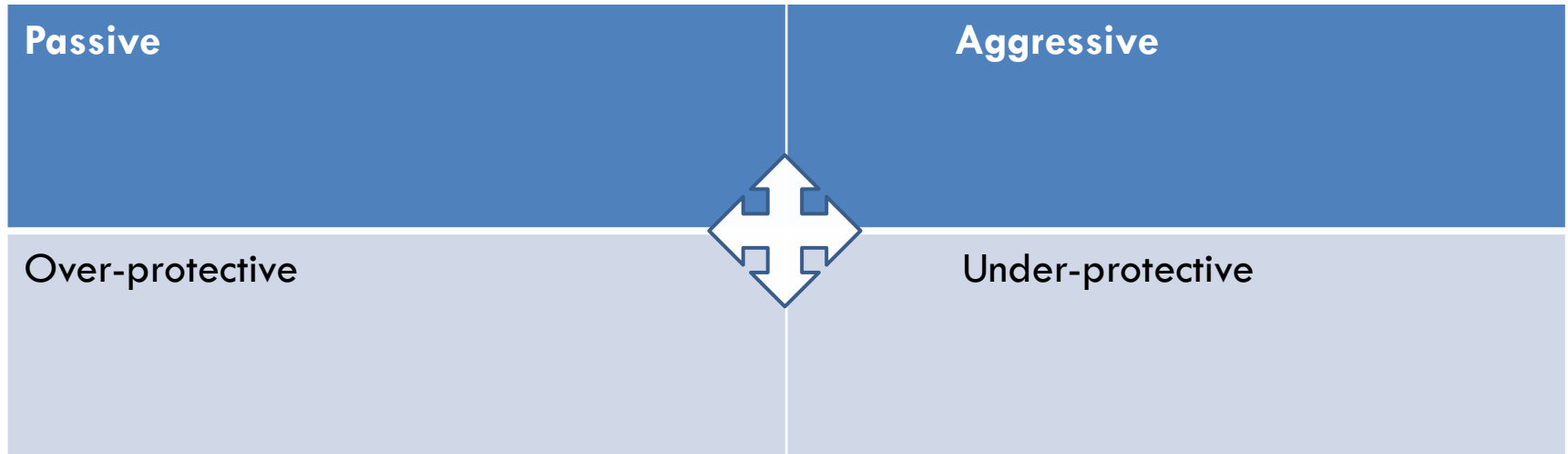
- Pain has a wide reaching impact on many different relationships in peoples lives



- As a result, the communication and dynamics within these relationships can change. Sometimes in a positive way; but often in a negative way creating more emotional pain

# Communication problems & relationship styles

32





# Support people to develop their communication skills

**Here are some communication suggestions to share with the person you're supporting:**

- ❑ People can't see pain, so they won't know what you have to deal with. Explain your condition – if you don't, they will guess and probably get it wrong.
- ❑ Let people know persistent pain is a long term condition which requires self management and explain what this is.
- ❑ Remember that different people need to know different things. Family, friends, employers, health care professionals all need different types of information to support you, so focus on the things they need to know.
- ❑ Be confident, keep calm, know what you want to say, practice saying it.
- ❑ It's OK to tell others what you need – such as to go slowly or to take rest breaks.
- ❑ Saying 'no' is OK – this is not about people pleasing.
- ❑ Don't say "I'm fine" if you're not.
- ❑ If there's something you can't do – be honest about it and say so. But always try to include a positive, like "I'm learning how to manage this."

# Helping patients explain their pain to others

34

- **Developing useful phrases**
  - ▣ “I have a long-term pain condition but I’m learning to manage it”
  
- **Asking or declining help**
  - ▣ “I am having a bad day today so could you help do xxx?”
  - ▣ “I am pacing my activity and working towards my goal of xxx. I am confident that I can manage this on my own”
  
- **Asserting needs to family & friend, health care professionals and Employers**
  - ▣ Encourage patients to write down any questions to be asked
  - ▣ Practice / role play
  - ▣ Emphasize the patient's expert knowledge in their own pain

# Helping patients explain their pain to others

- **Examples of short, simple ways for a person to explain what they need as a result of persistent pain:**
  - ▣ “I have long term pain, but I’m learning how to manage it.”
  - ▣ “Once a day I need a relaxation break for about 20 minutes – is that ok?”
  - ▣ “I need to take rest breaks – could you remind me, as sometimes I can over do

# Lived experience: Communication

- Did your pain have an impact of your communication/relationships?
- What difficulties did you face?
- What strategies enabled you to communicate your needs better ?



# Confidence levels + learning outcomes

37

1. Score your confidence to enable a person with chronic pain to engage with self management skills

**0 (no idea) – 10 (absolutely confident)**

2. If the confidence level **has changed** since the last session

Share **two reasons** in the chat

## The Real Angels of the North

A huge thank you to the  
**NHS** for all you are  
doing to keep us safe.

smart outdoor



# Thank you

## What questions do you have?

Please add your questions into Chat

For information on training and courses

[frcole60@gmail.com](mailto:frcole60@gmail.com) 07885 719007

[www.livewellwithpain.co.uk](http://www.livewellwithpain.co.uk)

[info@livewellwithpain.co.uk](mailto:info@livewellwithpain.co.uk)

[info@footsteps-festival.co.uk](mailto:info@footsteps-festival.co.uk)

**LiveWell**  
with pain