

PAIN SELF-MANAGEMENT TEN FOOTSTEPS PROGRAMME

LWWP Training Team

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**20/03/24
Session Two**



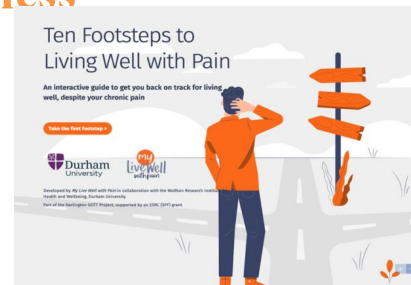
Overview of Session 2

Review and Discussion

Focus on 4 Footsteps :

- **Footstep 2: Acceptance**
- **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: Managing Setbacks

Ten Footsteps Training Programme



Breakout Room Recap & Review

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

What struggles have you had?

Share when you come back to big group: Let's celebrate successes and problem solve together where possible



Footstep 2

Acceptance



What is Acceptance?



Acceptance

Non acceptance of Pain of Pain

“I do not like pain. I wish I did not have pain. My day would be better if I did not have pain. My day is ruined. Every day is like this. Why do I always have pain when I want to do something. All I want is to be pain free.”

Vs. Acceptance

“I have long-term pain which I have to manage”

Acceptance Continuum

DENIAL



FURY/ANGER

Focused on **fight** to get rid of the condition/symptoms to exclusion of anything else



RESIGNATION/DEPRESSION

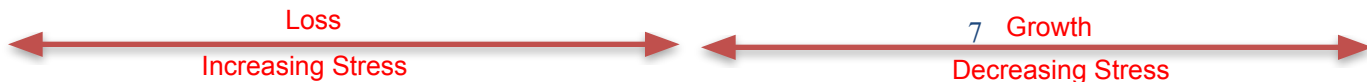
Given up fighting anything

- An ongoing journey
- Different stages of acceptance/grief
- Results in changes and challenges in self-identity

INTERGRATING & MOVING ON

ACCEPTANCE

Working on improving life, without **focusing** on the pain condition/symptoms

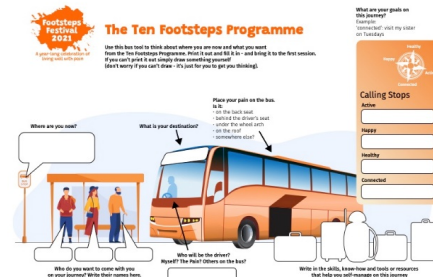
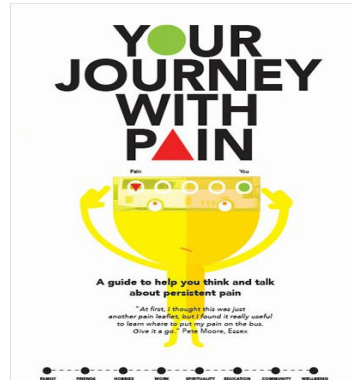




Acceptance; Clinical Resources

Two useful resources on LWWP website:

1) Bus Journey – Written/ illustrated booklet



2) Pain & Me Video by Prof. Tamar Pincus (4 mins)

- Useful visual representation of the ongoing journey of change
 - Highlights changes in individual roles & identities
 - Demonstrates importance of investing in parts of self not related to pain
- [footstep 2 - Acceptance - Ten Footsteps to Living Well with Pain \(livewellwithpain.co.uk\)](https://www.livewellwithpain.co.uk/footstep-2-acceptance-ten-footsteps-to-living-well-with-pain)



Footstep 3

Pacing

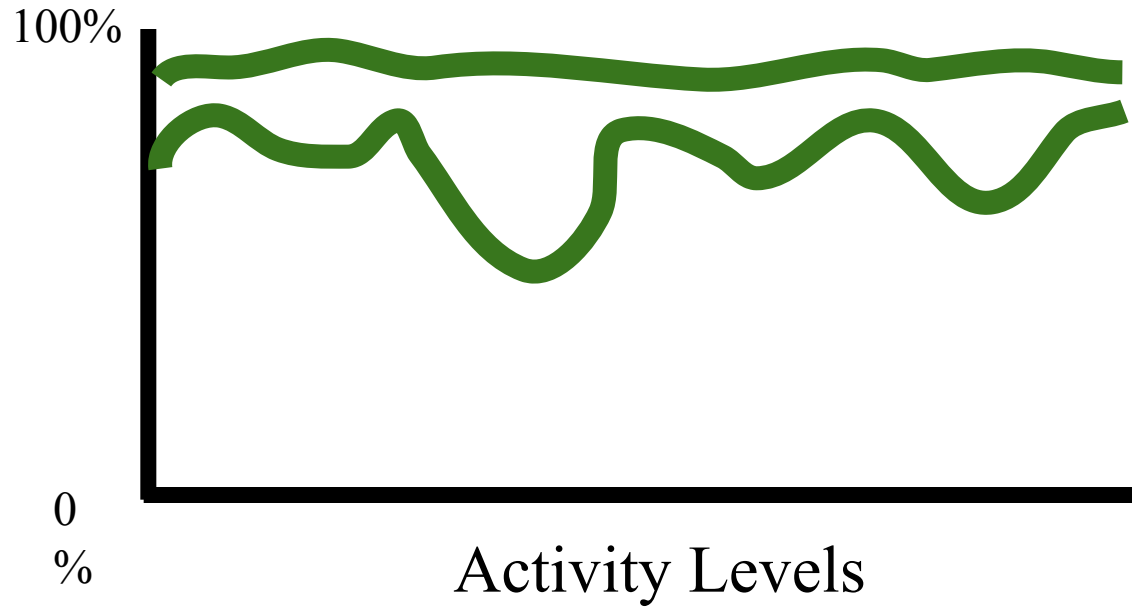


How might pain affect activity?

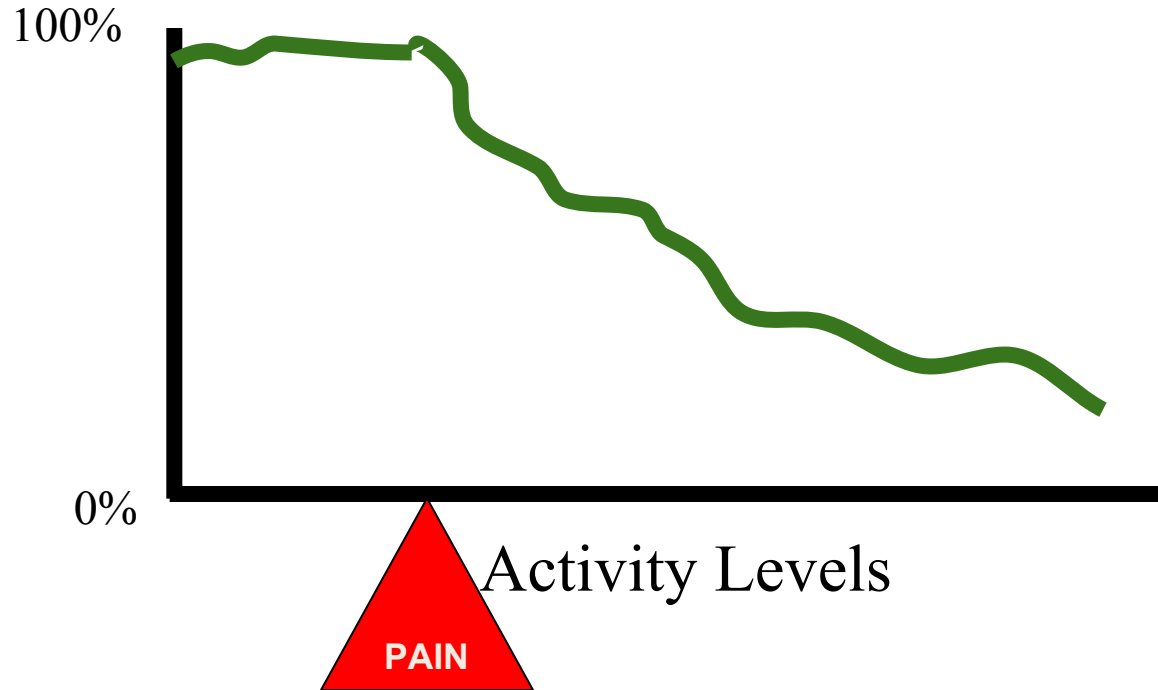


White board
activity

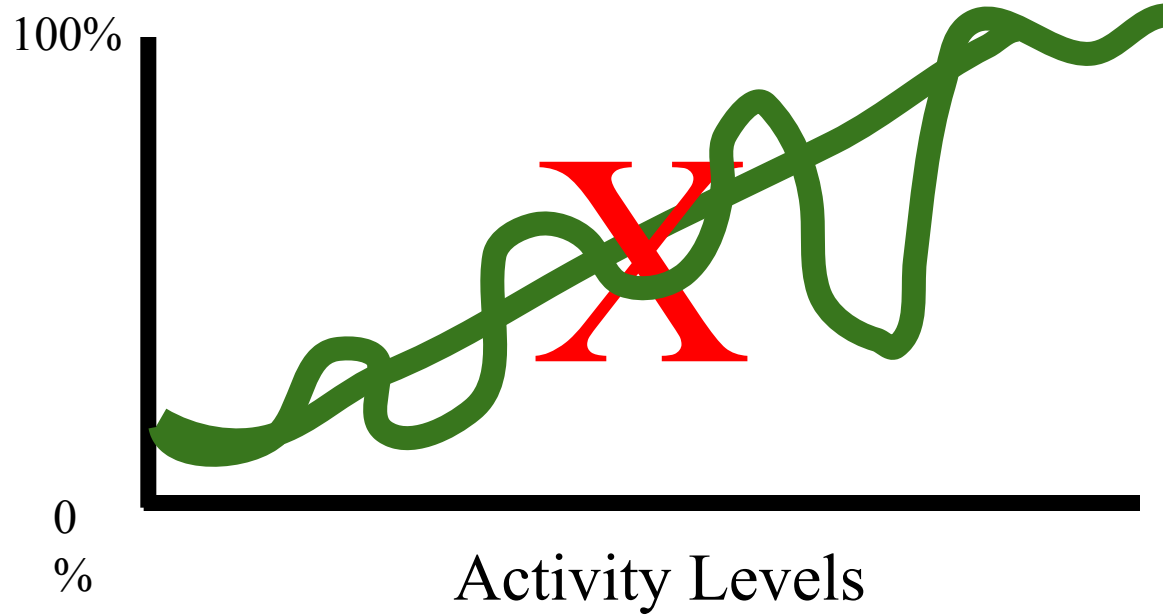
Normal Activity levels



Impact of Pain on Activity



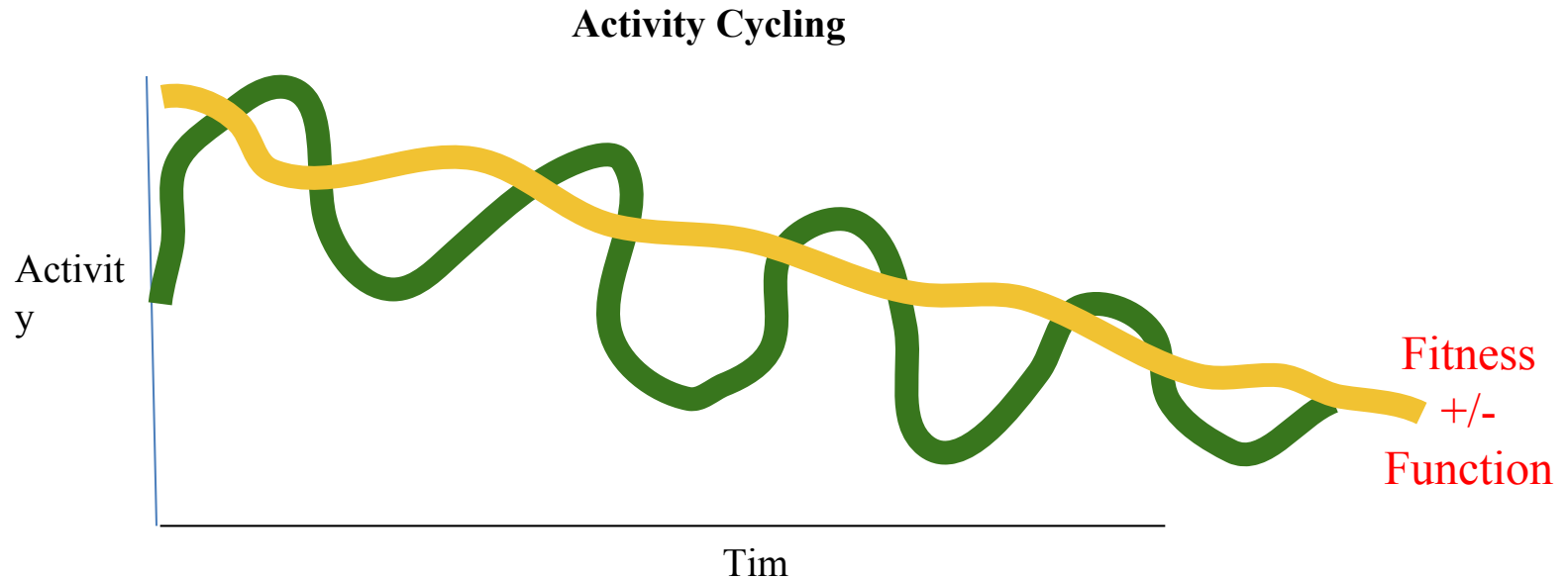
Normal Recovery



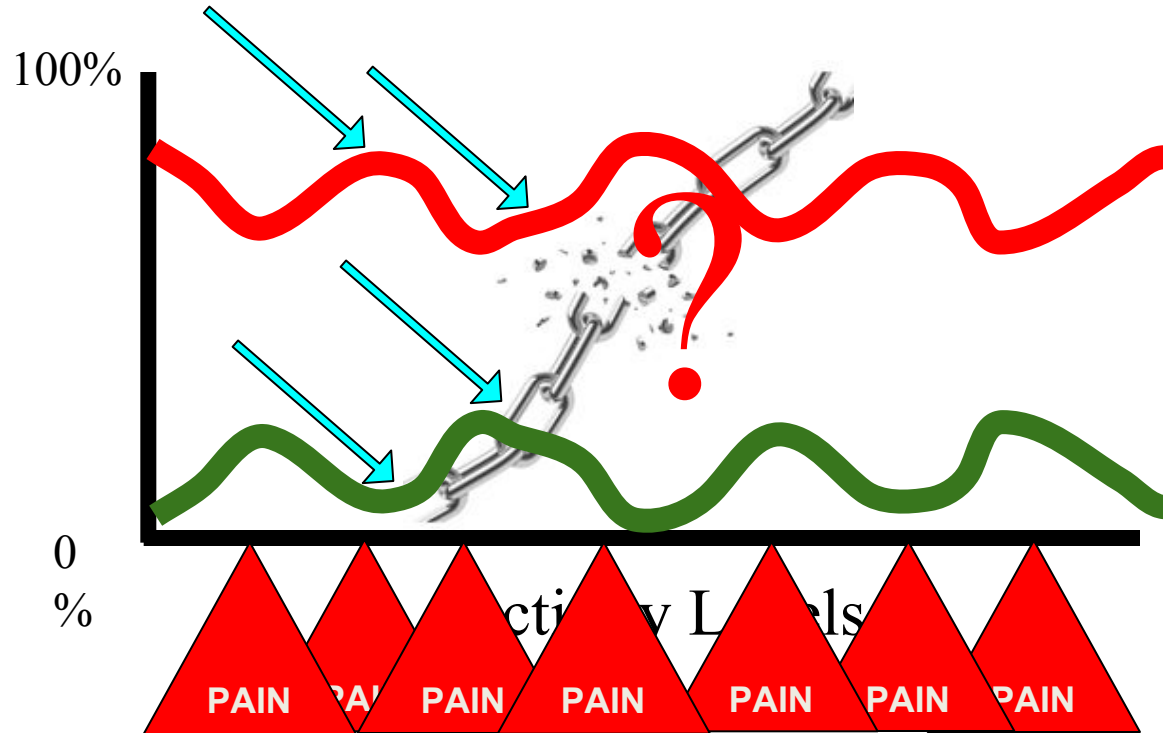
What might a recovery graph look like?

Pain impact on Activity over time

Getting active, balancing activities and effort



Separating Activity from Pain



Footstep 3 Pacing

Pacing?

'I do everything in the morning....
because my pain is always worse in the
afternoon and evening'

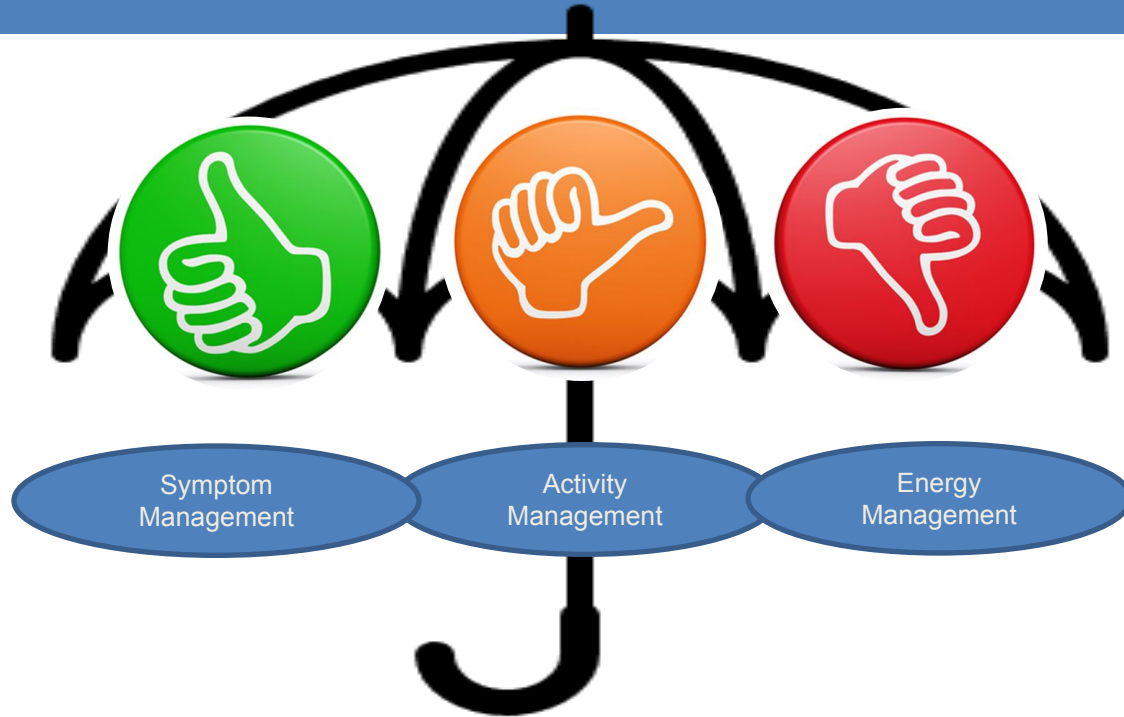
'My pain is unpredictable;
I never know what it will be like.
I can't plan anything'

'My friends don't invite me anymore'

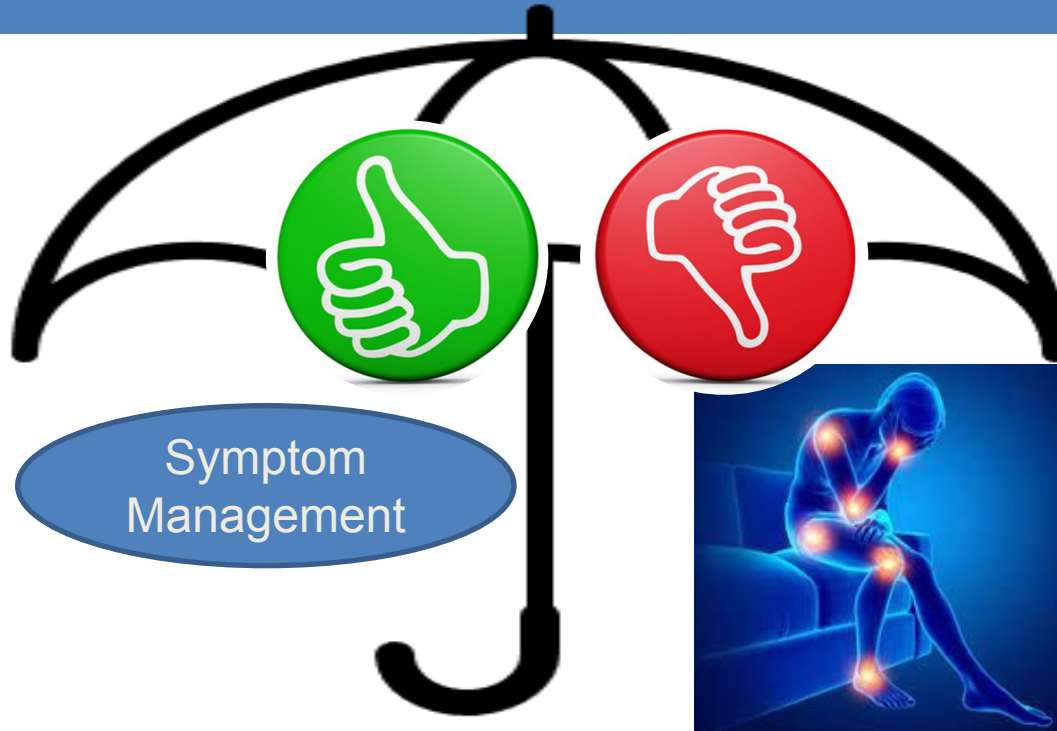
"They think I am unreliable"



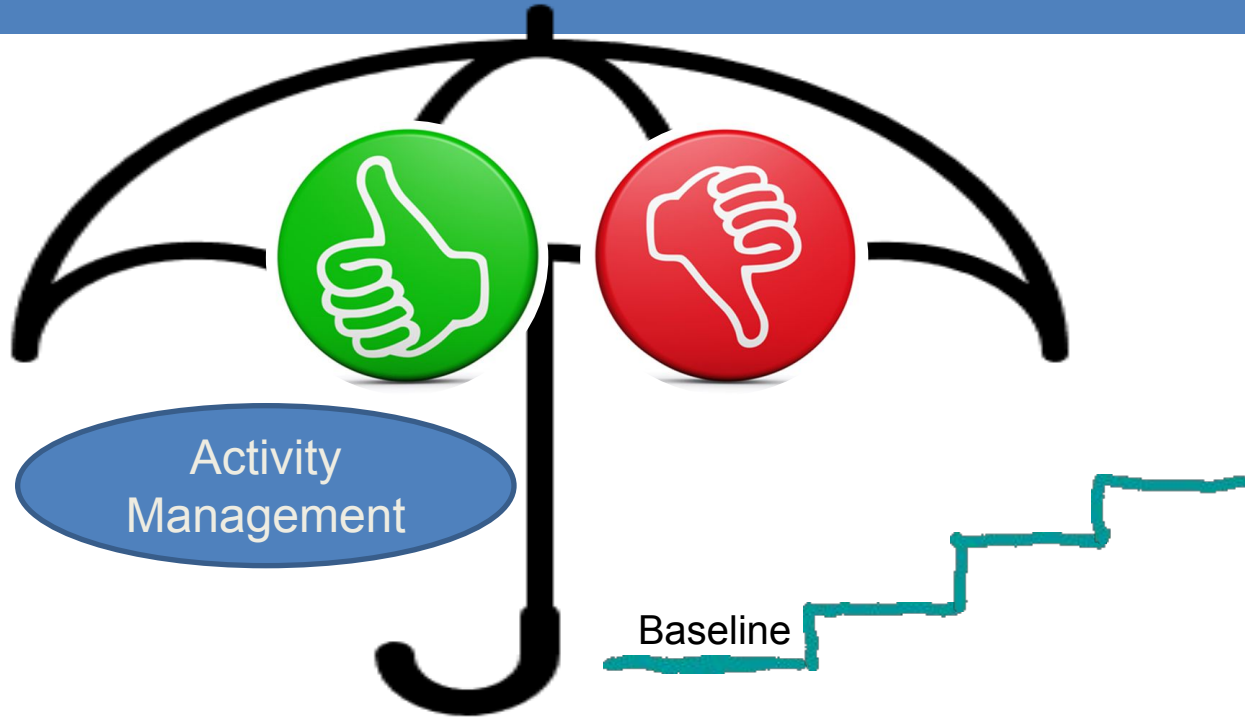
What is Pacing?



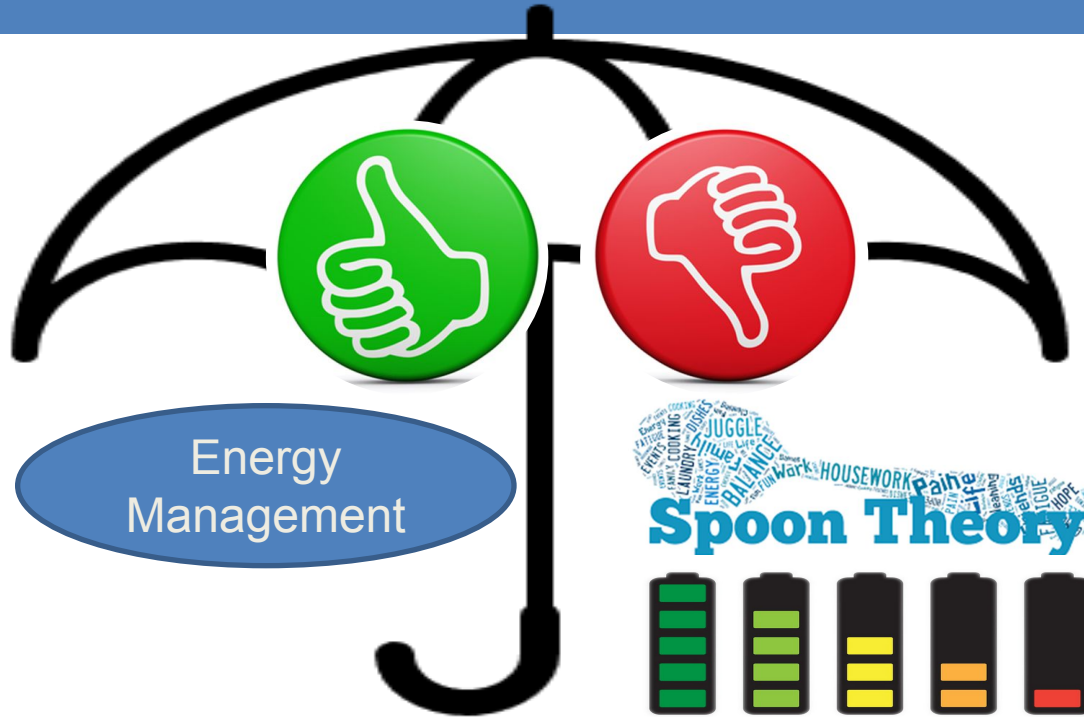
What is Pacing?



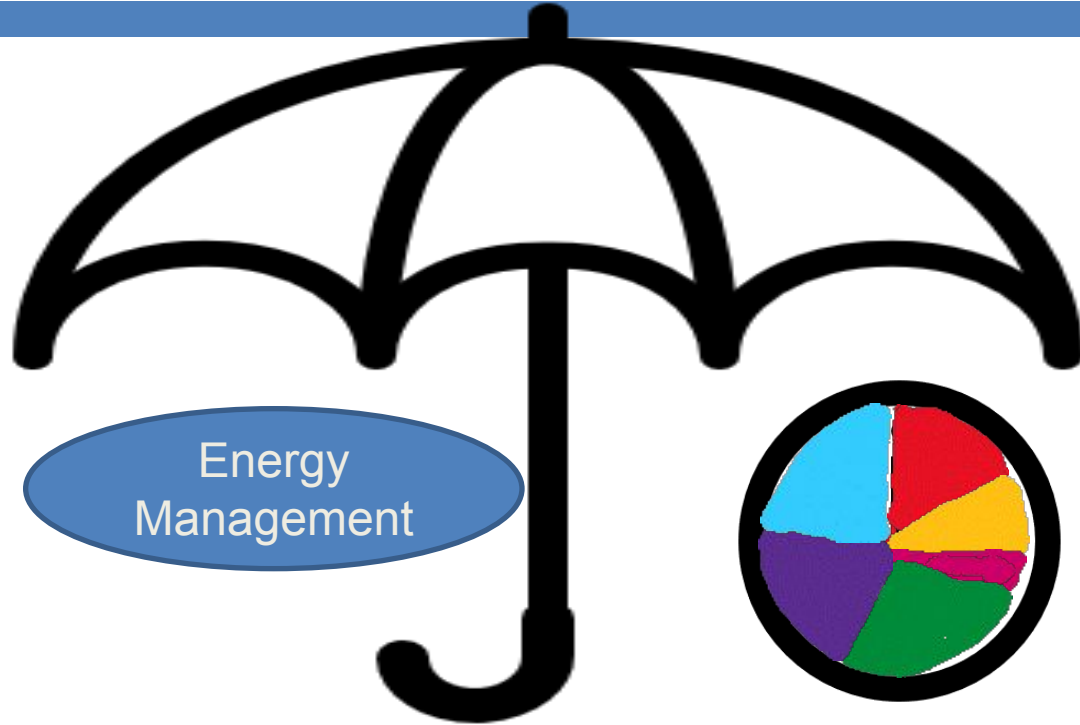
What is Pacing?



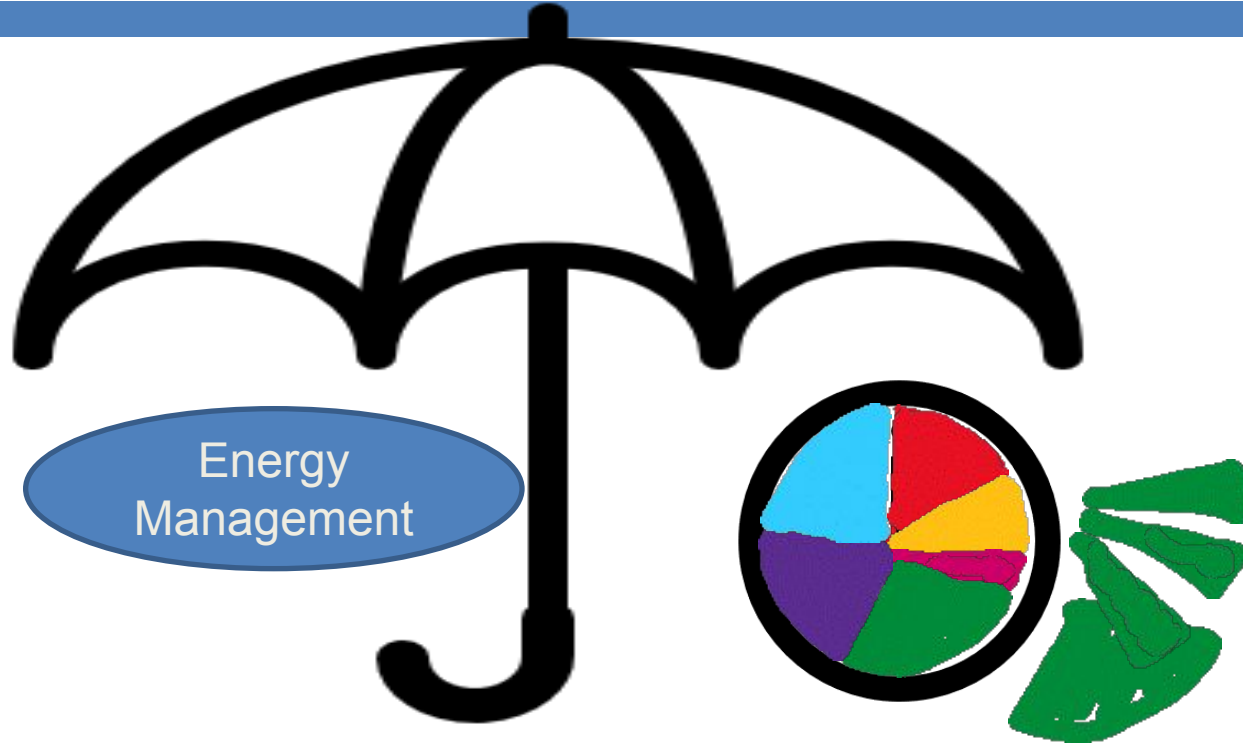
What is Pacing?



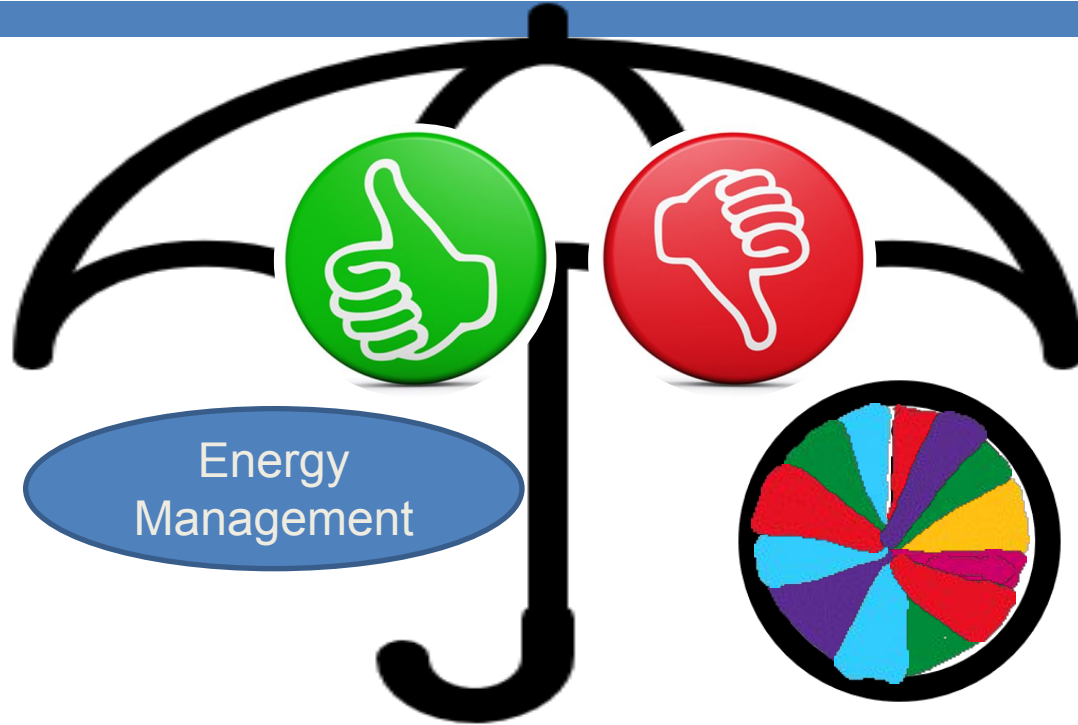
What is Pacing?



What is Pacing?



What is Pacing?



Pacing isn't always about exercise!

Other tasks

Work

Concentration

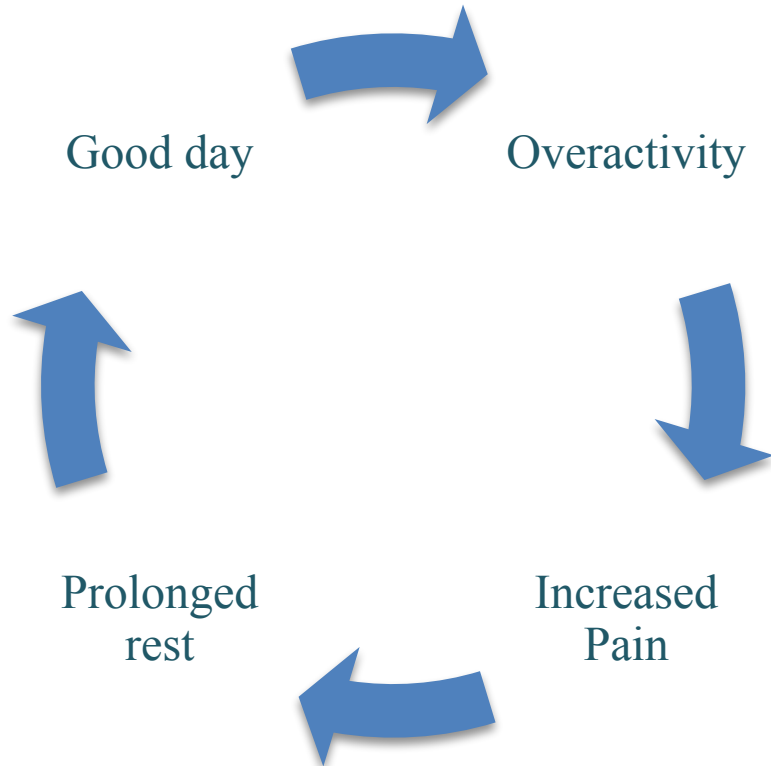
Focus

Energy levels

Socialising



Activity Cycling and deconditioning



Frustration

Feeling that
pain/fatigue is in
control

Reduced fitness levels

Reduced activity levels

Mark's Pacing / Activity story



Mark's Pacing / Activity story



Louise's Pacing / Activity Story



Walking in all weathers - actively connecting with nature
Swimming in the sea all year round
Leading 2 Ramblers Wellbeing Walks
Exercise Bike

Pacing Tools and Resources

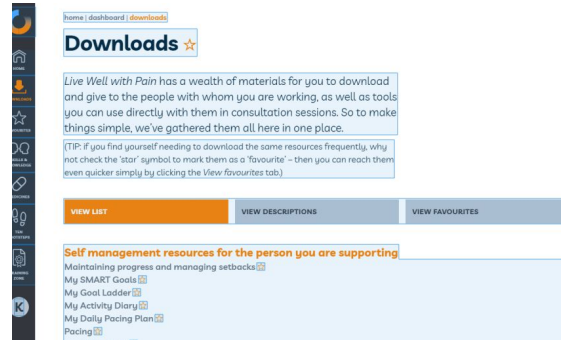
My activity diary

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

Understanding current activity patterns:
Overactive?
Underactive?
Boom- Bust pacing?



<https://livewellwithpain.co.uk/wp-content/uploads/2022/09/My-Activity-Diary.pdf>

Getting active, balancing activities and effort



Pacing

A really useful skill for people who live with persistent pain



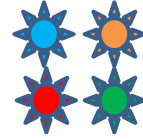
Pacing: approaching activity differently

- Breaking activity into **manageable chunks**
- **Balancing** regular, enjoyable activity & rest
- **Switching** between tasks
- Can include **thinking and concentration** tasks
- Can include non-active +/-**static** tasks (sitting etc)

Introducing the 3 P's (or 4)



Pla
be
sch
we



What helps you with your activity?



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?	Time	Activity	How many minutes did you do?
			2:30	Drove to school	15mins
				Walked to and from school	20 mins
				Drove home	15mins
7am	Woke up. Had a shower	20mins	3:15	Pain really bad- cancelled child's swimming lesson, sat and watched TV with the children	1 hour
7:30	Woke the children up		4:15	Made children their tea	20mins
	Made children breakfast	5 mins	4:35	Watched TV with the children	30mins
	I got dressed	15 mins	5:00	Fed the rabbit	10mins
	Helped children get dressed	30 mins	5:10	Sat with children to do children's reading books and spellings	50mins
08:30	Drove children to school	15 mins	6:00	Ran the children's bath + got their pyjamas ready	60mins
	Walked to school gates and back to car	15 mins		Bathed the children + Read them a story	
09:00	Drove to shop	10mins	7:00	Not able to stand for long as pain bad so put microwave meal in	5mins
	Picked up some shopping	20 mins		Ate dinner	30 mins
	Drove home	5mins	7:30	Packed the children school bags	30mins
09:45	Unpacked shopping	15mins		Made packed lunch for them	
	Sorted the laundry +put a load of washing on	20mins	08:00	Watched TV	1 hour
	Did the washing up	25mins	09:00	Got ready for bed	20mins
10:45	Made cup of coffee, sat down	15mins	09:20	Watched TV in bed	1 . 5 hours
11:00	Hoovered downstairs	15mins	11:00	Fell asleep	
	Took washing out of drier- too much pain to put clothes away	5mins			
11:30	Made some toast	5mins			
	Pain really bad- watched TV	20mins			
12:00	Fell asleep watching TV	1 hour			
1:00	Did ironing	45 mins			
1:45	Pain really bad- Watched TV	45mins			



Footstep 4

Setting goals



Goals and Values



Values & Goals?



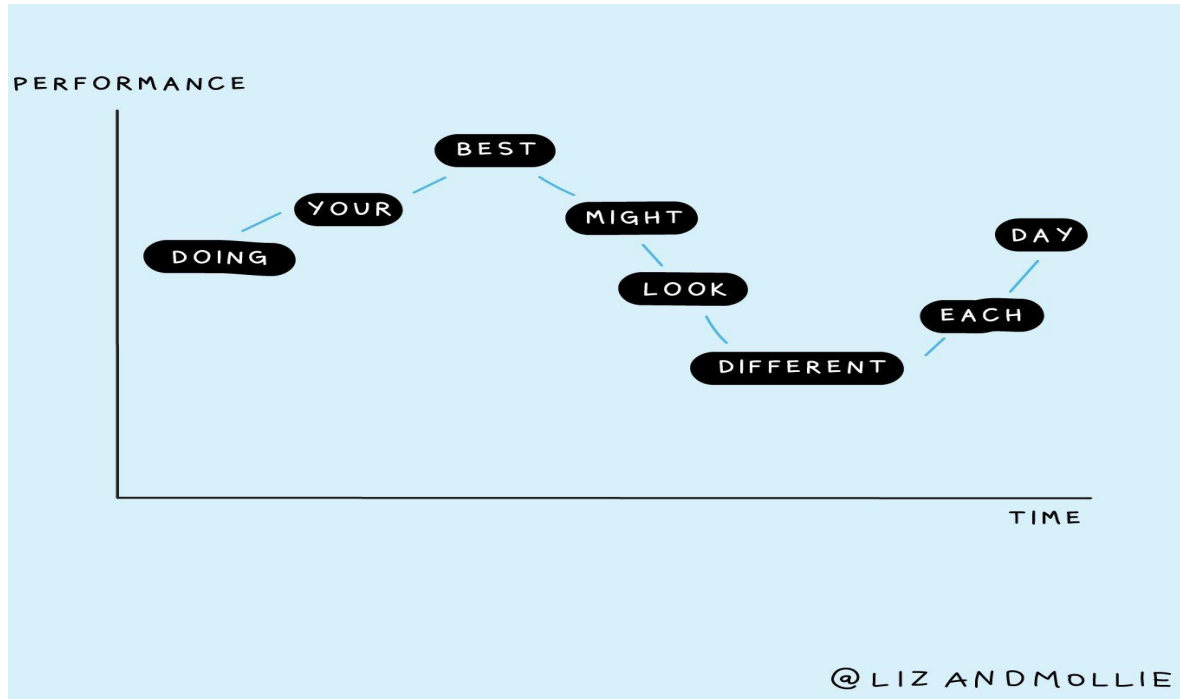
Values



Goals



Goals and Expectations



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

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.

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Footstep 4 Setting Goals

Get fitter, build skills, address fears, find resources

Their valued goals – not yours!

SMART-ER Goal setting

Specific,
 Measurable,
 Achievable,
 Rewarding , Relevant, Realistic
 Time-framed
 Evaluate,
 Review (revise, recommit)

Flexible

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	

Reflections on Goals from LETs

What helped you?

What was challenging?

How can practitioners help?





Footstep 4 Setting Goals

Get fitter, build skills, address fears, find resources

My goal ladder

Use this in conjunction with *Reaching goals and Creating rewards* - a guide to SMART goal setting from My Live 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			
START - Week 1			

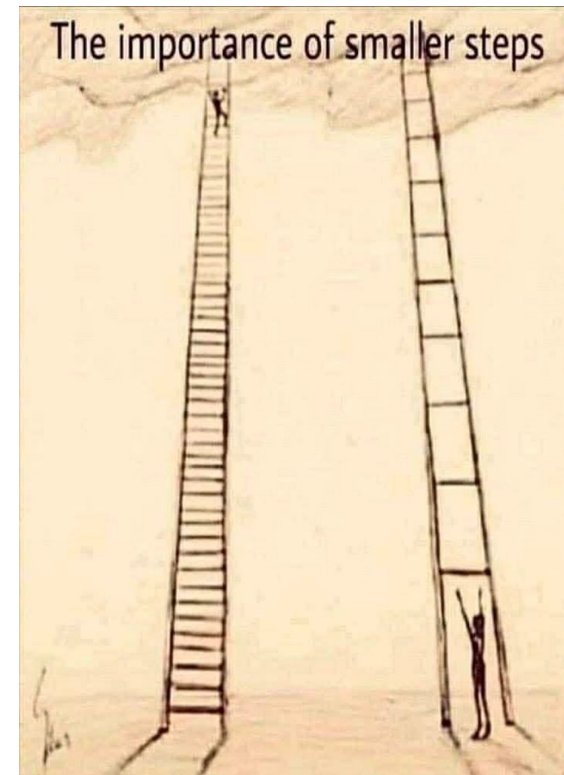
Tips

Write down or record goal

Encourage problem solving

Helpful feedback

Reward! (Noticing the achievement)



Building blocks?



Building blocks: Helpful for your goals



Can you think of examples of building blocks for Gardening?
(Answers in chat)

Building blocks for gardening

Standing

Bend

Lift

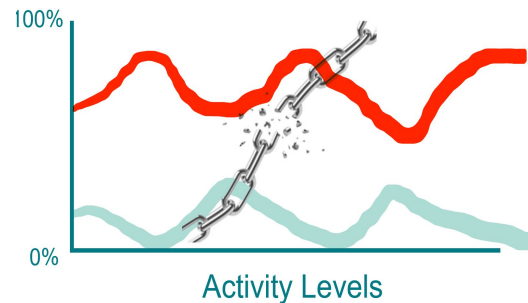
Movement

Holding something to
cut things



Tips: Starting point (Baseline)

- Pick most **relevant** building block(s) to the activity/goal
- Ask : ***How much of this can you do on worst days?***
 - If answer is “*I can’t do it on bad days*”:
 - **start small:** “what’s the smallest amount you could try”
- **Unpredictability and Consistency is key:**
 - Aiming not to over-do on “better days”
- “Hand on Heart” question: “Am I willing to do this in the presence of pain?”



Using your building block(s)

- ❑ Set amount of activity (*building block*) to start with?
- ❑ Aim to practise “*little and often*”
- ❑ Treat it like an *experiment*
 - *Trial and Error*
- ❑ **Learning opportunities**
 - *even if it doesn't turn out as planned*



Bring a sense of curiosity

HEALTH BENEFITS OF EXERCISE

INCREASED & IMPROVED

THE EFFECT OF EXERCISE ON PSYCHOLOGICAL WELL-BEING

GROWTH
Exercise provides you with new challenges which make you feel as though you have an aim in life.

MOOD
Exercise is related to positive changes in mood state and has been found to improve positive mood regulation. It is the number of negative and positive effects experienced in a given day.

COGNITION
Exercise has been shown to have a positive effect on mood regulation. It is the number of negative and positive effects experienced in a given day.

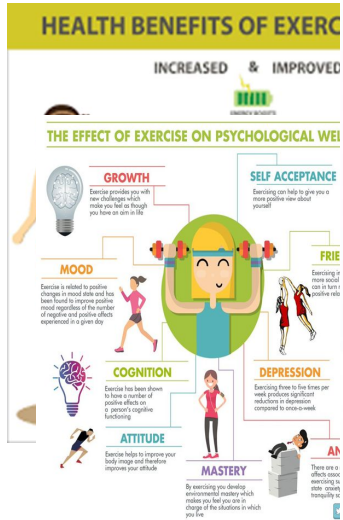
ATTITUDE
Exercise helps to improve your body image and therefore improves your attitude.

SELF ACCEPTANCE
Exercise can help to give you a more positive view about yourself.

FRIE
Exercising 6 times a week produces cognitive benefits in depression compared to once-a-week.

DEPRESSION
Exercising 6 times a week produces cognitive benefits in depression compared to once-a-week.

MASTERY
Exercising 6 times a week produces cognitive benefits in depression compared to once-a-week.



Your role as a facilitator



Praise

Support problem solving

Avoid telling them the solution

Learning from difficulties

“What would a friend do in same situation?”

Offer “past patient” examples





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.**

Goal Setting activity

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

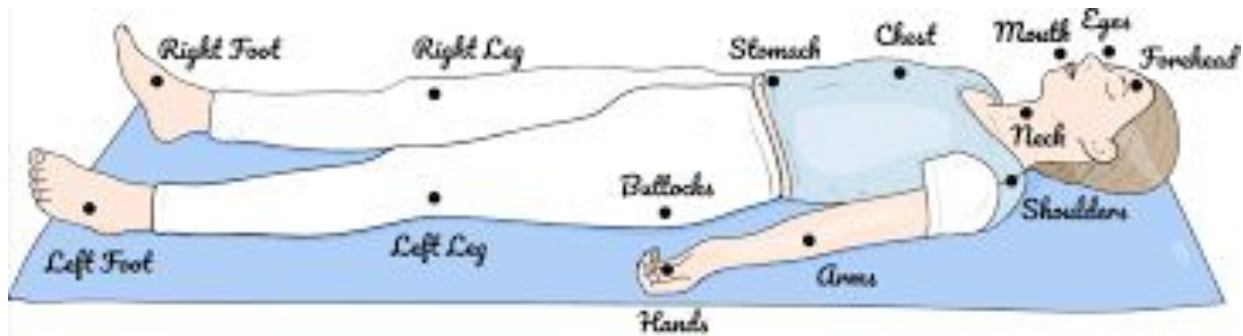
Write your SMART goal in the chat

Footstep 5

Relaxation and mindfulness



Activity: Relaxation



Progressive Muscle Relaxation

Activity: Mindfulness



3 Pillars of Mindfulness Practice

What is the difference between Relaxation and Mindfulness?

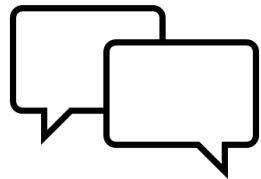


- **They are different although there may be some overlap in techniques**

- **Relaxation has an intention towards changing something**
 - ◆ □ **muscle tension/slow breath/calm the mind) & feeling more relaxed**

- **Mindfulness has an intention towards present moment awareness which may not always be relaxing**
 - ◆ **to observe what is here already without necessarily changing it; giving opportunities to reflect on next steps and chose best action**





How might **Relaxation & Mindfulness** be helpful? What activities could be included?



Benefits of Relaxation

R- May **reduce** pain. Muscle relaxation may reduce pain, while muscle tension may increase pain.

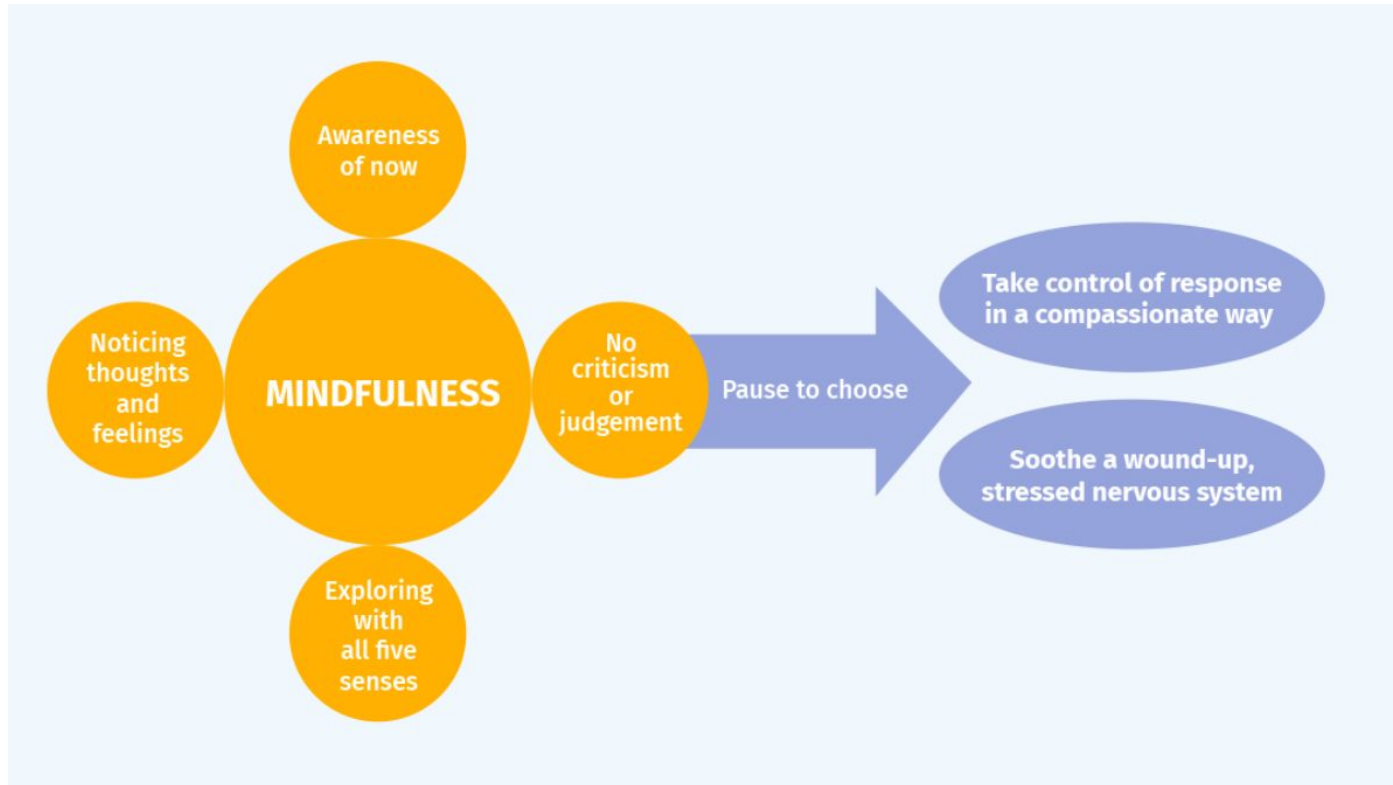
E- Body reactions to **emotional** distress are reduced.
(Muscle relaxation helps your body feel calm.)

L- **Let's** you be at ease.

A- **Awareness** of tense muscles increases so you can catch tension early and release it.

X- X stands for a blank; you can fill in what other benefits you discover. You may notice that you sleep better when you use relaxation methods or able to concentrate more easily.

How Mindfulness may help



Lived Experience

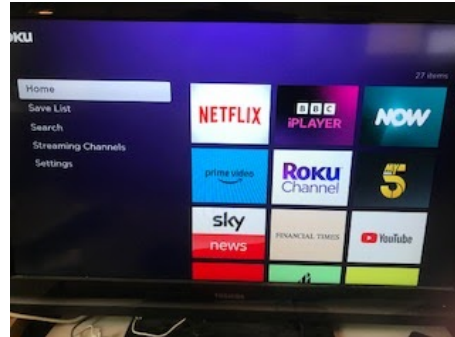
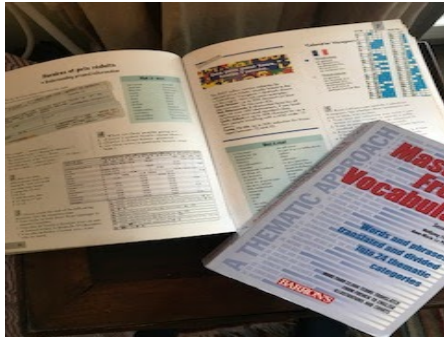
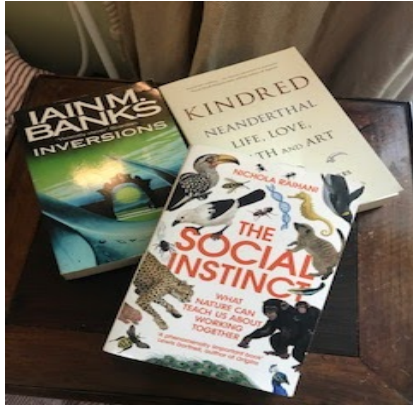
Relaxation and/or Mindfulness

What do you do to relax?

What relaxation strategies have you found helpful?

What were/are the challenges in learning to relax?

Mark's Relaxation/Mindfulness Story



Louise's Relaxation/Mindfulness Story



Footstep 9: Relaxation & Mindfulness

Relaxation and Mindfulness are skills

- An active process requires practice

- Learning this skill takes time

They are different with different intentions

Our role is to offer options to explore & signpost



HOME



DOWNLOADS



FAVOURITES



SKILLS &
KNOWLEDGE



MEDICINES



TEN
FOOTSTEPS



TRAINING
ZONE



LOG OUT



Footstep 5

Relaxation and mindfulness



Footstep 4

Setting goals and getting active



Footstep 6

Sleep

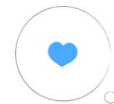


Relaxation is an important strategy in managing pain, stress and sleep problems. As well as participating in enjoyable and well-paced activities, people living with pain can learn some key relaxation skills based around breathing, mindfulness and shifting the focus of their attention.

It is important for people living with pain to know that both relaxation and mindfulness practice are skills that need to be practised.

Practising them is an active process, not just something that happens by

See this footstep as presented to
people with pain who visit the site



Footstep 5 – Relaxation and mindfulness

Summary of key points

- ✓ Relaxation and mindfulness are skills that people 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 people to choose relaxation methods that most appeal to them – there are many options
- ✓ By participating in a mindfulness course, people can become skilled in directing their attention to where they want it to be

Next footstep

Footstep 6
Sleep



Footstep 6: Sleep

Sean & Su's sleep stories: *ZZZZZZ*

What do you hear are their problems:

- ◆ make notes
- ◆ feed into the Whiteboard when he finishes

Some key problems with pain and sleep:

- Worry thinking - sleep pattern “what it should be” ... 90 minute cycles
- “ daytime napping” and what to do about it!
- “Sleep pattern chaos + pain” the role of unwinding the painful body, tackling thinking + getting into day + night time routines
- Role of useful programmes like Sleepio + need for crucial discipline

Louise & Mark's experiences – Sleep



Sleep: Facts or myths

Use chat to answer True or False + Why

- 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

Footstep 6: Learning to sleep well

Identify with person their typical 24 hour pattern; day/night
+ typical sleep pattern (sleep diary option)

Enable access to resources so person
explores + identify possibilities to change, creates helpful
conversation

Five action areas to improve sleep – see **tool**

Routines, stretch, beds vs. recliners etc

Some never tips no screens

Always tips: time for me, relaxation of body and mind



How to Sleep well with Pain

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 are experiencing mood changes that create tension in your body

You are uncomfortable in your bed or disturbed by light or noise in the bedroom

Your medicines make you drowsy during the day so you sleep at irregular times

You're not in a regular routine so your mind and body are confused about when to rest

You notice your pain more because there are no distractions at night

You worry about how the lack of sleep will affect you the next day



Activity: Do you experience any of these triggers?
Circle the ones that affect you.

The five areas

There are lots of changes you can make to help you 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:



Thank You

Any Questions?

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