

Pain Foundations

My Pain Management Roadmap

This roadmap is a tool to help you continue the plan that you have made during the program. You can write down your goals and monitor your progress.

Resources are included at the end of this section to help guide you with your self-care plan.



My action plans for the week: Moving towards my goals

Choose what is important to you	My self-care plan
<p>Physical (your body)</p> <input type="checkbox"/> Movement <input type="checkbox"/> Sleep <input type="checkbox"/> Healthy Eating <input type="checkbox"/> Pacing and Energy Conservation <p>Psychological (mood and thoughts)</p> <input type="checkbox"/> Managing thoughts <input type="checkbox"/> Resilience <input type="checkbox"/> Stress management: mindfulness, breathing, relaxation <p>Social</p> <input type="checkbox"/> Communication <input type="checkbox"/> Healthy Supports <p>Spiritual</p> <input type="checkbox"/> Connection <input type="checkbox"/> Values or Meaning <input type="checkbox"/> Self-Compassion or Gratitude	<p>How will I move forward with the things that are important to me?</p> <p>My goals are:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <div style="background-color: #fff9c4; padding: 5px; margin-top: 10px;"> <p>S.M.A.R.T. Goals Specific Measurable Achievable Relevant Timely</p> </div>

Action plans this week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	How did it go?
Movement <i>Walk 3 x for 10 minutes after breakfast M/W/F.</i>	✓		<i>Felt unwell.</i>		✓		✓	<i>OK - walks were manageable Sub'd one day</i>
Stress management <i>Breathing Practice daily for 5 min at 10 pm.</i>	✓	<i>Forgot.</i>	✓	<i>On the phone then forgot.</i>	✓	✓	✓	<i>I did pretty well. Hope to make it a daily habit.</i>
Sleep <i>Stop screen time 2 hours before bed.</i>	✓			✓	✓	✓		<i>This is hard! Will try again next week.</i>

Referrals and appointments Moving forward	When? Where? Is there anything I need to do?
My community referrals Example: Pain BC Coaching for Health, Pain BC Wellness & Support Group, support line	
My follow-up appointments Example: Primary care provider, specialist, pain team member	

Resources

Websites



[Pain BC.](#)

Learn about pain, talk to someone, and find pain-related resource.

[Live Plan Be](#)

Find multiple stress management resources on this website from Pain BC.



[Retrain Pain](#)

Watch various one minute on the science behind pain.

[Toronto Academic Pain Medicine Institute – Pain U Online](#)

Complete the learning modules called Pain U Online. Watch the learning module on Pain Education.



Apps

Insight Timer Includes sleep meditations, sleep stories and music to promote sleep.

Mindshift Try strategies to reduce anxiety based on Cognitive Behavioural Therapy (CBT).

Helpful Tools



[Live Plan Be Toolbox from Pain BC](#)

Check out this collection of online, print, and in-person resources for chronic pain management.

[Tame the Beast](#)

Learn to retrain your brain. How you think about pain can change the way it feels.



[Healthline – Box Breathing](#)

Learn deep breathing, also called square breathing, as a way to reduce stress. This website uses a short video and step-by-step instructions.

[Kelty's Key – Chronic Pain](#)

Learn more about chronic pain through nine self-paced courses on chronic pain.



[LivePlanBe – Setting Goals](#)

Set goals to make positive change with goal setting and planning tools.

Community Resources

[Self-Management BC](#)

Gain knowledge and skills in these free health programs for people with ongoing health conditions. Programs offered in person, virtually, online, by telephone, or by mail.



[BC Pain Support and Wellness Groups](#)

Join a support and wellness group. Groups meet online, twice a month and are free of cost.

[Pain BC Telephone Support Line](#)

Connect by phone or email to receive free information, emotional support and resource assistance to empower people living with pain and their loved ones to improve well-being and advocate for themselves.



[Pain BC Coaching for Health](#)

Talk to someone regularly with this free telephone-coaching program designed to help you learn pain self-management skills, regain function and improve your well-being.

[Fraser Health Mental Health](#)

Find mental health and substance use services for you or someone you care for.



[Fraser Health Pain](#)

Resources to help you manage your pain and access pain care.