

Understanding my pain self-management plan

What do I NC	OTICE about mys	elt?		
Physically				
Thoughts Feelings				
Behaviours Relationships				
Helpful and u	ınhelpful impact	s on pain		
	Sleep	Thoughts	Productivity	Activity
Helpful:				
Not helpful:				
	Weather	Food	Relationships	Other
Helpful:				
Not helpful:				



Strategies that I use	Impact of strategy	
Strategies that I will try		