

Chronic Pain Self-Management Plan

STRATEGIES I WILL USE TO MANAGE MY CHRONIC PAIN

Chronic Pain Education:

DAILY LIVING STRATEGIES

Nutrition

Strategies for Managing Day to Day Activities

Social Support (basic needs-housing, food, employment, safety)

STRATEGIES I WILL USE TO MANAGE MY CHRONIC PAIN

PHYSICAL STRATEGIES

Physical Activity

MENTAL HEALTH STRATEGIES

Mental Health

VALUE BASED STRATEGIES

Relationships/Leisure Activities/Community Involvement/Spiritual

Other Strategies: