



Get S.M.A.R.T.

(About Self-Management)

EHT Group Class Presentations and Handouts:
<https://cfpcn.ca/extended-health-team/>



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Extended Health Team

Team care for long-term health concerns.

Anyone managing chronic and long-term health concerns may benefit from a team approach. Our Extended Health Team brings



Virtual and In-Person Group Housekeeping

Using Teams

- Video, audio, chat
- Technical issues

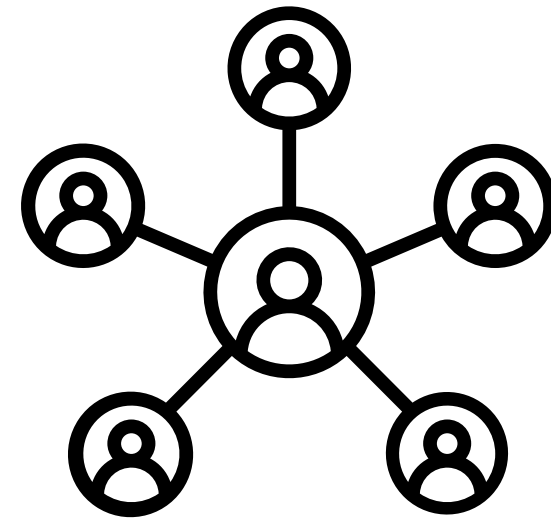
EHT Reception: 403-374-0244 Ext. 3

Group norms

- Respect
- Confidentiality
- Participation

Take Care

- Bathrooms
- Stretching
- Cellphones





Housekeeping: Part Two

Attendance

- 2 session group – once weekly, same time, same place
- If virtual class, same link each week to log on
- You will not receive a reminder for any future classes
- Contact EHT reception 403-374-0244 Ext. 3 if you are unable to make the 2nd session
- Please bring all handouts and your green folder to the 2nd session. Powerpoint notes contain week 1 and 2.

PrimaryCare Network
CALGARY FOOTHILLS

Your Health, Your Team, Your Community

Strategies that I use

Impact of strategy

Strategies that I will try

Understanding my pain self-management plan

What do I NOTICE about myself?

Physically

Thoughts Feelings

Behaviours Relationships

Helpful and unhelpful impacts on pain

	 Sleep	 Thoughts	 Productivity	 Activity
Helpful:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not helpful:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	 Weather	 Food	 Relationships	 Other
Helpful:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not helpful:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Extended health team

Self-Management




INTRODUCTIONS!

This is a 2 week group class to:

- Reflect on and document your goals
- Connect with others dealing with chronic pain to discuss strategies that work
- Review different categories of self management to explore new or build on existing skills
- Create a plan for the rest of your time at EHT

GROUP PURPOSE



A photograph of a wooden desk with a spiral-bound notebook and a teal pencil. The notebook is open to a blank, lined page. The text 'Please have your GREEN folder and a pen ready to go!' is written in green on the page. The pencil is lying horizontally to the right of the notebook.

**Please have your
GREEN folder and
a pen ready to go!**

AGENDA

Week 1

- Review SMART goals
- Review Barriers to Change
- Review Motivation
- Identify Readiness
- Review Pain resources (books, apps, websites)

Week 2

- Review and Discuss Self – Management Strategies
- Flare up Planning



A Slice of Self-Management

- Breath Awareness

What is your hope for working with our team?

What are your goals in pain management?

Setting SMART Goals

S: Specific

M: Measurable

A: Action-oriented

R: Realistic

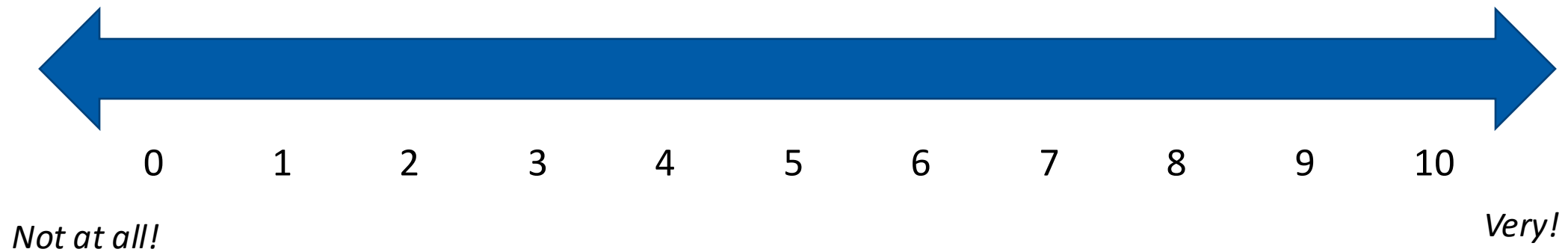
T: Timely



Barriers to Change

- Time
- Money
- Other responsibilities
- Other health concerns
- Thoughts/memories
- Feelings/sensations
- Where to start???

Readiness Ruler



1. On a scale of 1-10, how **important** is it to you to try new strategies for managing your pain or reaching your goal.
2. On a scale of 1-10, how **ready** are you to try new strategies for managing your pain.
3. On a scale of 1-10, how **confident** are you that you will be able to incorporate new strategies into your daily life.

**The path to motivation
is by making change
meaningful.**

**Why is your SMART
Goal important to
you??**





A Slice of Self-Management

- Stretches



Resources

Books

The Explain Pain Handbook: Protectometer by Dr. Lorimer Mosely

The Way Out – Alan Gordon

Support Groups

LEAPS – Lending Emotional and Pain Support

Email LeapsCalgary@gmail.com

Mindfulness/Meditation and Self-Compassion

www.palousemindfulness.com

www.self-compassion.org

www.Thebreathproject.org



Chronic Pain Websites:

www.painbc.ca

www.liveplanbe.ca

www.paintoolkit.org

www.paintrainer.org

<https://portal.poweroverpain.ca/services/orient>

<https://tapmipain.ca/Adult%20Self-Management%20Resource%20Booklet.pdf>

Apps:

Manage My Pain

Pain Scale: Pain Tracker Diary

Curable App - \$\$

Mind Shift




Your Health, Your Team, Your Community





Welcome Back!

A spiral-bound notebook with a red cover and a teal pencil are on a wooden desk. The notebook is open to a blank page with the text "Please have your GREEN folder and a pen ready to go!" written in green. The pencil is teal with a silver eraser and a silver band.

**Please have your
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SMART Goals and Barriers to Change

- How did it go last week?
- Did you have to make any adjustments to your goals?
- Did any barriers get in the way?



A Slice of Self-Management

- o Progressive Muscle Relaxation

- Physical Strategies
- Mental health strategies
- Value guided strategies
- Daily living Strategies

Self Management Checklist



Activities of Daily Living Strategies

- Please take -2-3 minutes to write down any activities of daily living strategies that have helped you to manage your pain/increase quality of life.
 - Sleep strategies
 - Nutritional strategies
 - Mobility aids O.T strategies to increase functioning
 - Strategies/supports to secure basic needs
- Discuss in your assigned group and come back to the larger group to share any themes or ideas for others to consider.



Physical Self Management Strategies

- Please take -2-3 minutes to write down any Physical strategies/ activities that helped you to manage your pain/ increase quality of life.
 - How I have adapted strategies
 - Specific activities which are enjoyable/helpful
 - Pacing ideas
 - Professional that have helped.
- Discuss in your assigned group and come back to the larger group to share any themes or ideas for others to consider



Mental Health Strategies

- Please take 2-3 minutes to write down any mental health strategies that have helped you to manage your pain/ increase quality of life.
 - EHT group ideas/take aways
 - Strategies for stress management
 - Strategies to respond to the sensation of pain more effectively
 - Self compassion/ communication strategies
 - [Jon Kabat Zinn - How mindfulness can help chronic pain](#)
- Discuss in your assigned group and come back to the larger group to share any themes or ideas for others to consider



Value Guided Strategies

- Please take -2-3 minutes to write down any strategies to pursue meaning and values that have helped you to manage your pain/ increase quality of life.
 - Connecting in the community
 - Deepening relationships
 - Adapting activities to pursue values/what is important to you
 - Personal growth ideas.
- Discuss in your assigned group and come back to the larger group to share any themes or ideas for others to consider





A Slice of Self-Management

- Guided Imagery Relaxation Script: Starry Sky or Peaceful Meadow



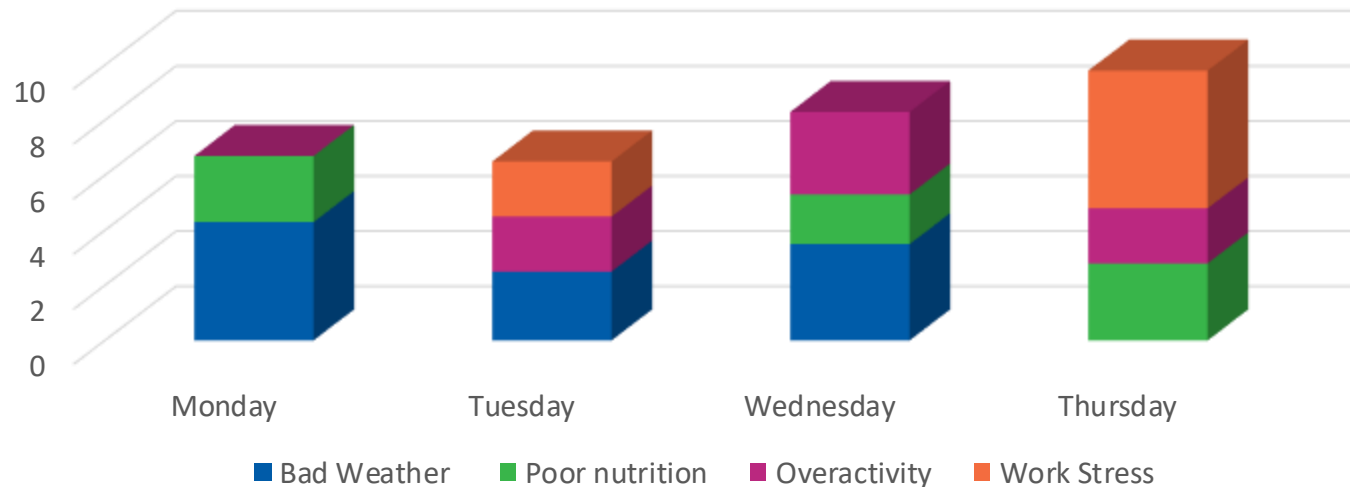
Controlling Flare-ups

- Does your pain ever feel like a rollercoaster?
- Somedays you're up, somedays you're down
- You may be able to reduce the frequency and intensity of flare-ups by paying attention to triggers, warning signs, as well as strategies for prevention

Preventing Flare-ups

Triggers

- There is rarely only one factor that causes flare-ups. There may be many day-to-day factors that build-up over time and increase the likelihood of a flare-up.
- Being aware of these factors can help determine:
 - Whether they are **controllable** (e.g. overactivity, poor nutrition) or **uncontrollable** (e.g. bad weather, work stress)
 - The degree to which we can take control to reduce the likelihood of extending beyond our body's limits.



Preventing Flare-ups

Self Monitoring

- What are warning signs for you that may indicate a flare up is coming? E.g. physical symptoms, thoughts or emotions, response to stressful situations
- It's important to pay attention to these warning signs and take appropriate action

Preventing

- Some ways to prevent flare ups include activity pacing and planning, scheduling rest, daily healthy habits such as eating or sleeping well, and self-compassion and mindfulness
- Take the time to calm yourself (and your nervous system) with deep breathing
- Focus on positive thoughts and coping statements
- Consider completing a flare-up plan document
 - e.g. WRAP (wellness and recovery action plan) through the Namirockland website



Getting Back in the Game

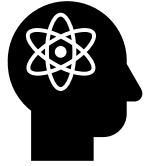
Managing Flare-ups

- Keep a list of strategies that work for you
- Rest up! (but not too much)
- Eat well
- Keep moving! Incorporate gentle exercises/stretching
- Set small SMART goals – short walks, short bursts of activity or housework, regular deep breathing/meditation
- Connect with people & consider investing in your hobbies! e.g. Phone a good friend, watch a funny movie, read a good book, etc.
- Practice regular mindful, relaxation strategies.
- Take medication as prescribed. Talk to your physician if adjustments are needed.
- Be kind to yourself. Stay positive.

Flare-Ups: Group Discussion



Poor Sleep



Stress



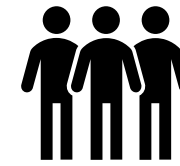
Weather



Activity



Poor Nutrition



Relationships




Other

What are my high risk situations or triggers?

What are my early warning signs of a flare-up?

What are my symptoms of a flare-up?

What strategies can I use to manage this flare-up?

A photograph of a spiral-bound notebook with a red cover and a teal pencil resting on a wooden desk. The notebook is open to a blank, lined page. The text "It's time to make a plan and write it down!" is written in green on the page.

**It's time to
make a plan
and write it
down!**

My Get S.M.A.R.T. plan

- Review Smart Goal
- What would you like to do for the rest of your time at EHT?



The Road Doesn't End Here

Community Supports

- Alberta Healthy Living Program www.ahs.ca/ahlp
- Supervised Exercise Program
- CMHA (Canadian Mental Health Association) Recovery College Calgary www.recoverycollegecalgary.ca
- CFPCN – virtual classes
- CFPCN Health Home Community and One Step at a Time Counselling

Talk to your caseworker for more ideas or for help in connecting you to the right organization!



Your Health, Your Team, Your Community

