

## Homework by Session

### Session 1:

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: Chapters 1 & 2; pages 41-43, 52-57, 82-83
- Practice using distraction
- If you have access to the internet, view the 5-minute YouTube video: *Understanding pain and what to do about it in less than five minutes*.

### Session 2:

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: Pages 48-52, 57-69, 79-82, 94-96; Chapters 7 & 9
- Practice better breathing and take a few minutes to do a relaxation exercise a few times this week. Doing this regularly will calm your mind and nervous system.
- Think about how you would like to start an exercise program or increase the program that you are now doing.
- In Session 3, we will be talking about making decisions. Please think of something in your life for which you need to make a decision and have it ready for next week's activity.

### Session 3:

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: Pages 22-23; Chapters 6, 8 & 17
- You may want to complete an Activity and Rest Diary like the one at the end of Chapter 6 this week. This will help you plan ways to better pace your activity and rest over the day.

### Session 4:

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: Pages 20-22; Chapters 8, 10 & 13
- Look at the serving sizes of foods using the tables in Chapter 13 and compare that with what you normally eat.

### Session 5:

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: Pages 57-63, 84-89; Chapters 8, 15 & 16
- Keep a food diary for one weekday and one weekend day just like you did a few weeks ago. This time pay careful attention to your portion sizes.
- Make a personal medication list, with names of all your medications, the provider who prescribed it, dosage, date started, reason for taking it, and any drug allergies.
- We invite you to call, email or write a letter to your provider about what you have accomplished during this workshop. If you are not pleased with your progress, please write a letter to the developers of this workshop explaining your reasons. The address is: Self-Management Resource Center • PO Box 219 • Aptos CA 95001 USA • [smrc@selfmanagementresource.com](mailto:smrc@selfmanagementresource.com). You don't have to mail or show these letters. If you do mail the letter to your provider, though, it would help to spread the word.

### Session 6:

- Reading covered this session: *Living a Healthy Life with Chronic Pain*: Chapters 11 & 14