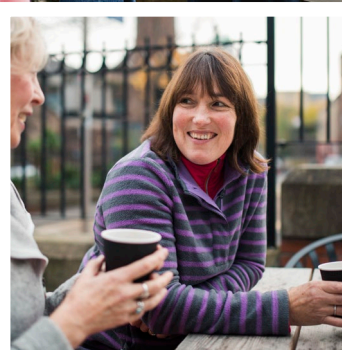
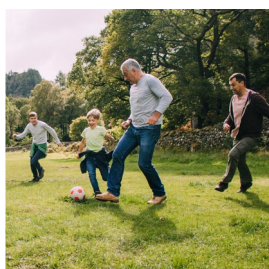


Leeds Community Pain Service

The Pain Management Programme Handbook

Week 6 Managing Relationships



This handbook can be used on the
Pain Management Programme or
in one to one sessions

Managing relationships, setbacks and planning for the future

Managing relationships

Connecting with others can feel like the last thing you want to do when pain dominates your life. Yet doing things with other people is likely to lift your mood and distract you from focusing on your pain. It can also motivate you to do more of the activities you enjoy.

(From living well with pain - <https://livewellwithpain.co.uk>)



Learn how to connect better with others

How do you think your pain is affecting your relationship with other people?

.....

.....

.....

What would you like to say to your family and friends?

.....

.....

.....

What other people have said:



Things that can help

- Talking about chronic pain and your pain management plan together.
- Ensuring family and friends are aware of your limitations.
- Discussing how these changes affect family and friends.
- Finding new roles.
- Having fun together.
- Challenging negative thoughts.
- Stress management.
- Get involved with Leeds Community Pain Service Peer Support Group - the benefits include:
 - Reduce isolation – make new friends.
 - Shared identity and acceptance.
 - Increase confidence.
 - Developing and sharing skills and knowledge.
 - Improve physical and mental health.
 - Improve emotional resilience.
 - Challenging stigma and discrimination.



Leeds MindWell run support groups - information can be found at:

<https://www.mindwell-leeds.org.uk/finding-support/peer-support-groups/>

- Setting goals and adding these to your Pain Management Plan - see the example below.

What do you want to change?	What is your current behaviour (baseline)?	What are the barriers to change?	GOALS
<p>I have stopped spending time with my friends.</p> <p>I feel lonely.</p>	<p>I spend 99% of the time at home on my own.</p> <p>I watch TV and potter around the house.</p>	<ul style="list-style-type: none"> - Pain - Fear of making the pain worse - Anxiety - Motivation - I don't know what to do / what's available 	<ul style="list-style-type: none"> - Join the Leeds Community Pain Service Peer Support group. - Start reintroducing time with your friends, start slow and build up over time. - Think about doing something every week with a friend e.g. a small walk. - Make use of virtual communication. - Look at the links for improving loneliness at the end of this booklet. - Look at the links at the end of this booklet for activities / facilities / increasing your support network.

- Please complete your own goals for improving your relationship.

What do you want to change?	What is your current behaviour (baseline)?	What are the barriers to change?	GOALS

Managing setbacks

What is a setback?

A setback is anything that delays or stops you from continuing with your pain management plan. This could include:

- A flare up of pain
- Increased stress
- Poor health
- Depression / worsening depression
- Family issues
- Money worries
- Unemployment / financial worries.

What can cause a flare up of pain?

- All of the above
- Not pacing
- Taking too much on
- Pushing through the pain
- Not being able to say no
- Standing / sitting for too long
- Not goal setting
- Not planning
- All work and no relaxation, rest periods.

It is common to have setbacks when managing long term pain.

Therefore it is important to have a setback plan.

“So, how do I manage a setback?”

- Don't panic!
- Don't stop everything - this is only a short term problem
- If you are forced to rest, keep this to a minimum.
The longer you rest, the more difficult it is to get going again.

Some ways to manage setbacks

Tick those you will try :

- Keep doing your exercises, reduce by half your normal level for a few days.
- Cut your sitting, standing and walking times limits in half.
- Use heat or ice packs.
- Increase your relaxation time.
- Use your pacing skills.
- Set yourself **SMART** short term goals:

Simple – Measurable – Achievable – Realistic – Time limited

- Prioritise what could be done during the setback.
- Plan how you are gradually going to increase your exercises and activities.
- Keep a diary of what helped you to manage the setback this time. Inform family and friends what they can do to help.
- Review (don't dwell on) recent activities that may have caused the setback. What can you learn from this?
- If you need medication then take it regularly 'by the clock' and reduce gradually as the setback improves.
- Remember where you were before this setback. Focus on your achievements and not the setback.

Example: Steve's plan to manage a setback

- Start my relaxation - the deep breathing skills.
- Use my relaxation music.
- Do my three stretches twice a day just to the stretch sensation, not the pain.
- Check through my success list in the last four weeks.

What helped me in my current or last setback?

1.
2.
3.

What will I do in my next setback?

Write down your plan. When a setback comes, you need to know what to do and when, quickly.

1.
2.
3.
4.

(From <http://resources.livewellwithpain.co.uk/ten-footsteps/footstep-10-managing-setbacks/>)

Planning for the future

- Continue following your activity/relaxation/fun goals.
- Is there anything that would help you keep on track?
- Where can you seek other help you might need? There are some suggestions below:

Reduce isolation:

- Leeds Age UK - <https://www.ageuk.org.uk/leeds/>

Local activities/facilities to increase your support network:

- Linking Leeds - <https://linkingleeds.com>
- Leeds Directory connects you to local activities and events - <https://www.leedsdirectory.org/s4s/WhereILive/Council?pageld=4430>

Help with money worries:

- Leeds Welfare Rights - <https://www.leeds.gov.uk/benefits/welfare-rights>
- Leeds Citizen's Advice - <https://citizensadviceleeds.org.uk/about/>
- <https://moneybuddies.org.uk/>

GP support:

- Most GP practices have health coaches or social prescribers who can support you with exercise, diet advice, housing, finances, and more.

Weekly goal planner

Use this table to allow you to plan your goals and work on them each week.

Try to have a good balance of your activity throughout the day and remember to pace yourself.

Goal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7