VALUE CARDS FOR CHRONIC PAIN

Copyright Clare Lakes. Use with author’s permission. clarelakes@telus.net

|  |  |
| --- | --- |
| ACCEPTANCE  To accept my medical diagnosis | MINDFULNESS  To live in the moment |
| PACING  To pace my daily activities | BREATHING  To breathe well |
| RELAXATION  To be as relaxed as I can be | SEXUALITY  To have an active and satisfying sex life |
| PURPOSE  To have meaning and direction in my life | TIME MANAGEMENT  To get the most out of my day |
| WORK  To return to meaningful paid work or volunteer work | ORGANIZATION  To organize my home and get rid of clutter |

|  |  |
| --- | --- |
| EXERCISE  To exercise regularly | SELF MANAGEMENT OF PAIN  To be good at self – managing my pain with or without drugs |
| SLEEP  To get the best possible sleep at night | DRIVING  To drive safely |
| SOCIALIZATION  To reconnect with friends or make new ones | HOBBIES  To start a new hobby or pick up an old one again |
| JOY  To bring joy back into my life | COMMUNICATION  To tell people how I feel without scaring them away |
| FAMILY  To spend more time with my family | CHANGE  To stick with changes I make |