VALUE CARDS FOR CHRONIC PAIN

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| ACCEPTANCETo accept my medical diagnosis | MINDFULNESSTo live in the moment |
| PACINGTo pace my daily activities | BREATHINGTo breathe well |
| RELAXATIONTo be as relaxed as I can be | SEXUALITYTo have an active and satisfying sex life |
| PURPOSETo have meaning and direction in my life | TIME MANAGEMENTTo get the most out of my day |
| WORKTo return to meaningful paid work or volunteer work | ORGANIZATIONTo organize my home and get rid of clutter |

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| EXERCISETo exercise regularly | SELF MANAGEMENT OF PAINTo be good at self – managing my pain with or without drugs |
| SLEEPTo get the best possible sleep at night | DRIVINGTo drive safely |
| SOCIALIZATIONTo reconnect with friends or make new ones | HOBBIESTo start a new hobby or pick up an old one again |
| JOYTo bring joy back into my life | COMMUNICATIONTo tell people how I feel without scaring them away |
| FAMILYTo spend more time with my family | CHANGETo stick with changes I make |