



Pain & Activity Questions

Questions to consider when reviewing your diary

Activity

Are you overdoing or underdoing or oscillating between (sometimes called the boom and bust cycle).

Rest /relaxation

Are you having some down time and taking a rest or are you resting too much!

Do you have a variety of activities? Think of the Mars bar advert:

Work - (this could be at home or outside the home)

Rest - down time

Play – Leisure/hobbies

Sleep

Are you in a regular routine with your sleep?

Are you getting too much / too little sleep?

What is the quality of your sleep?

Are you sleeping in the day?

Has your sleep 'drifted' to late bedtime or late rising?

Do you have a Wind up morning and a wind down bedtime?

Thoughts/feelings about your activities.

Are you spending your time doing activities you value and mean something to you?