

# Chapter 5

SHaRE & REPaIR

Virtual Programme



# REPaIR - Repair Emotional & Physical wellbeing And Increase Resilience

‘Befriending’ our activities

Hope and hard work?

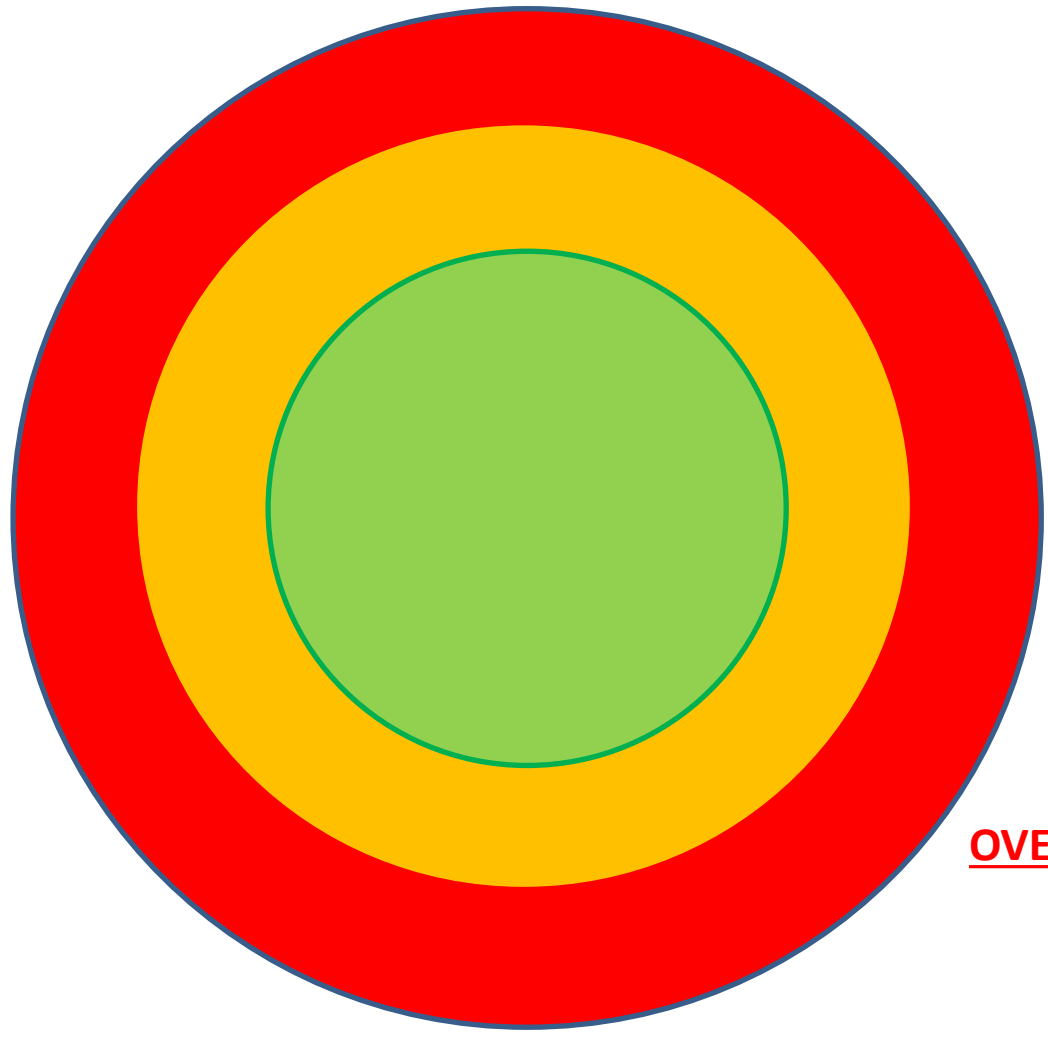


# And coming up...

- How are you?
- Review of the past week: what did you try, how would you rate it's effect: 0-10.



# How are you?



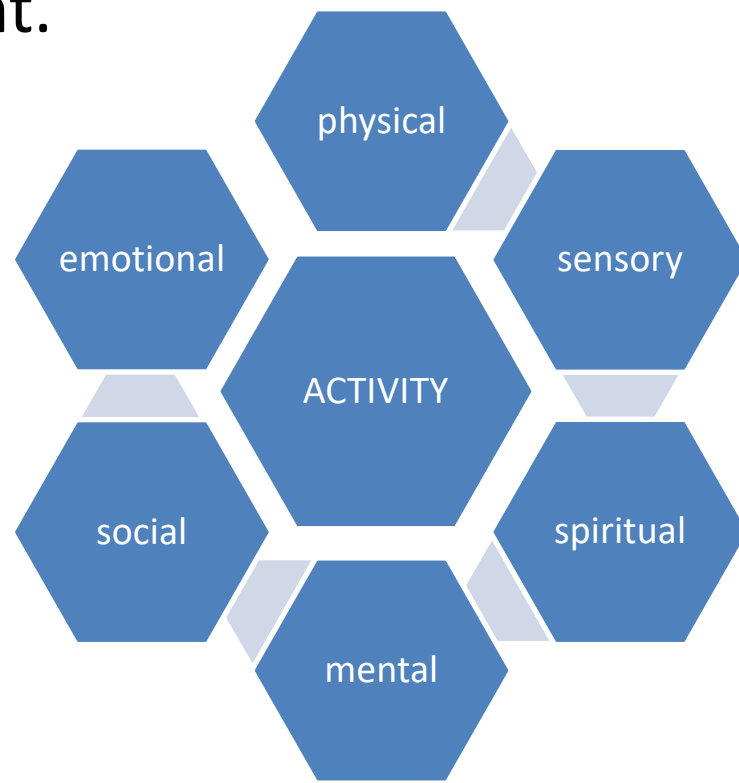
COMFORT ZONE

CHALLENGED ZONE

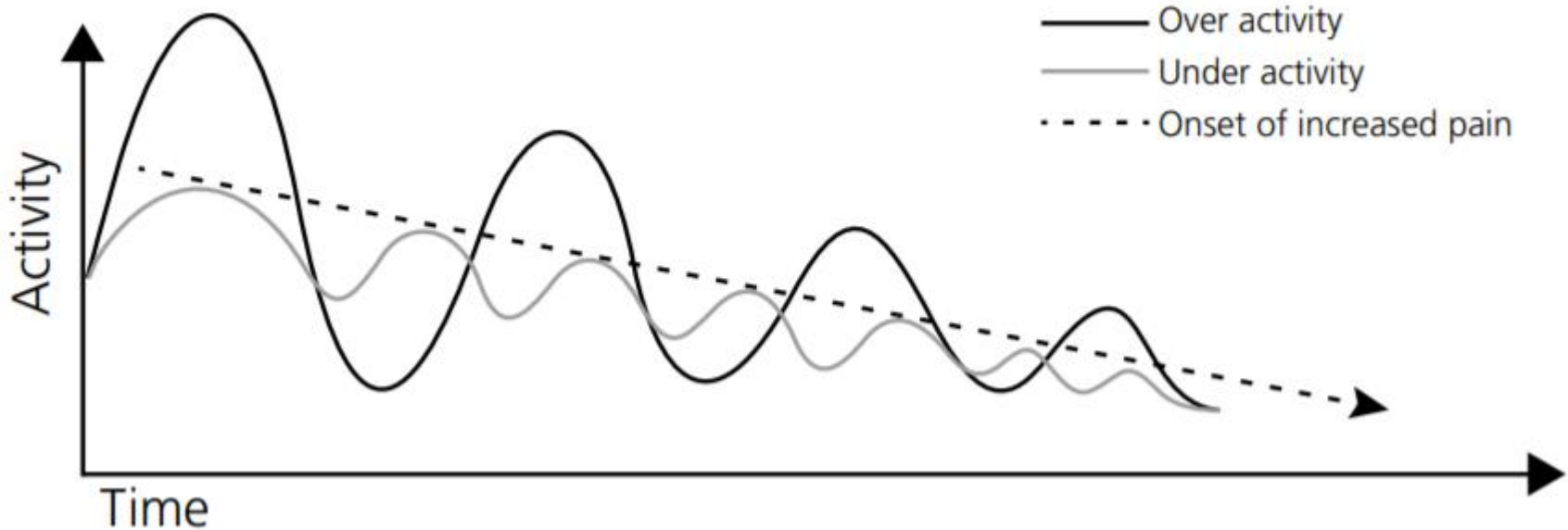
OVERWHELM ZONE

# Why talk about 'Activity'?

- Often, people with chronic pain get into a cycle of overdoing things on a good day and doing very little on a bad day. Over time, the good days become less as the bad days become more frequent.
- What is activity?
  - Latin 'Act' = done.
  - All tasks/activities require resources, to be performed.
  - You have to budget for all types of activity.



# Pacing



- Example: Mrs P, 'I haven't got time for pacing'  
> 'Now I am pacing I get more done!'

# Prioritising, & Planning

- Does it need to be done? (*1 must do, and 1 want to*)
- Does it need to be done regularly?
- Can it be delegated?
- Can it be done in a different way? (*is there a hack/gadget?*)

# Problem Solving/adapting

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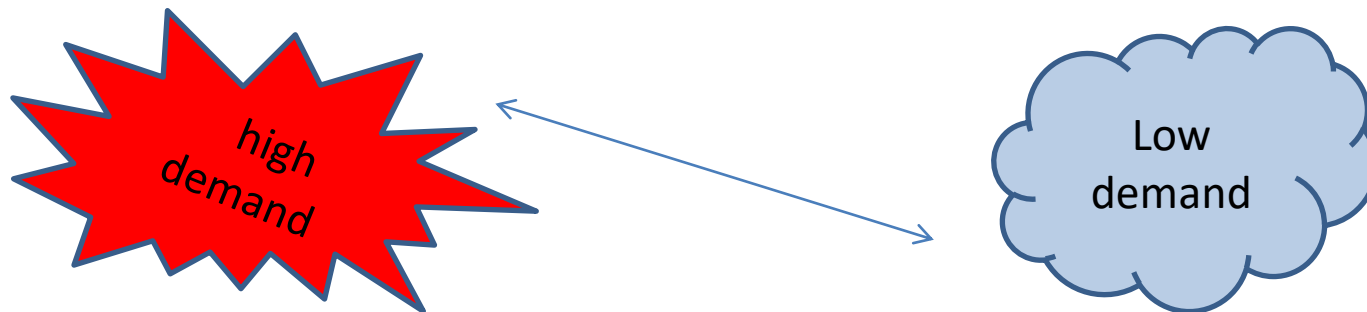
- Can you do an activity differently?
- How can you reduce the impact an activity has?
- Grading- making small changes in different ways:
  - a) time- starting with a few minutes – increasing slowly.
  - b) distance- walking, cycling, driving. Gradually build.
  - c) speed- reduce to save energy (pain and fatigue go hand in hand).





# Activity analysis

- An activity or task can be broken down into constituent parts.
- Be curious, which are the best parts?
- Consider which activities are;



- Example: Mrs G, loved gardening but her body didn't > orchid growing.

# Why it can be hard to adapt to 'new rules'.

- Habit
- Unrealistic expectations of ourselves – *comparing what we could do previously with the reality of now.*
- Accepting change – *feelings of loss, sadness, resistance.*
- People around us expect us to carry on with roles/ tasks as before.

# Finding the space to consider those 'new rules'.

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

VIKTOR FRANKL

[dailystoic.com](http://dailystoic.com)

# Focusing on what is important to you.

- Boom and bust patterns are created by passing thoughts/feelings; ‘I must just get the weeding completed before I stop for tea’. The solution is to not be influenced by these feelings, but to take a broader perspective on your values.
- What do you consider a valued activity?

# How to focus on what is important to you.

- Bring all the elements together:

## Plan:

Plan each day in advance, focusing on what is realistic. Schedule in time for rest.

## Adjust:

Adjust your expectations of what you can achieve, based on what you manage currently.

## Prioritise & Problem solve:

Make sure your plan starts with those activities that are most important to you. Identify potential problems, and possible solutions.

## Adapt:

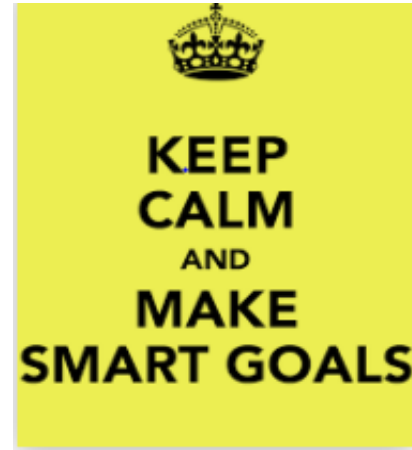
Delegate, or adapt what you do, use tools and gadgets if possible. This way you achieve your plans but not at too high a cost.

## Pace:

Don't overdo on a good day, or under-do on a bad day.

## Allow/accept:

Focus on doing what you can, not on what you cannot. Remember self criticism is an activity and will waste precious resources!



- Specific, Measureable, Achievable, Realistic, Timed
- Vision board
- Supporters

# Experiential practise...

- Tai chi practise
  - Notice how the Tai moves can be seen as ‘High’ or ‘Low’ demand for you.
  - Notice how moving at a different pace uses more of your budget, or refills your body’s budget of energy.
- ‘RAIN’ meditation;
  - Recognize what is going on
  - Allow the experience to be there, just as it is
  - Investigate with kindness
  - Natural awareness, which comes from not identifying with the experience.



# Weekly practice...

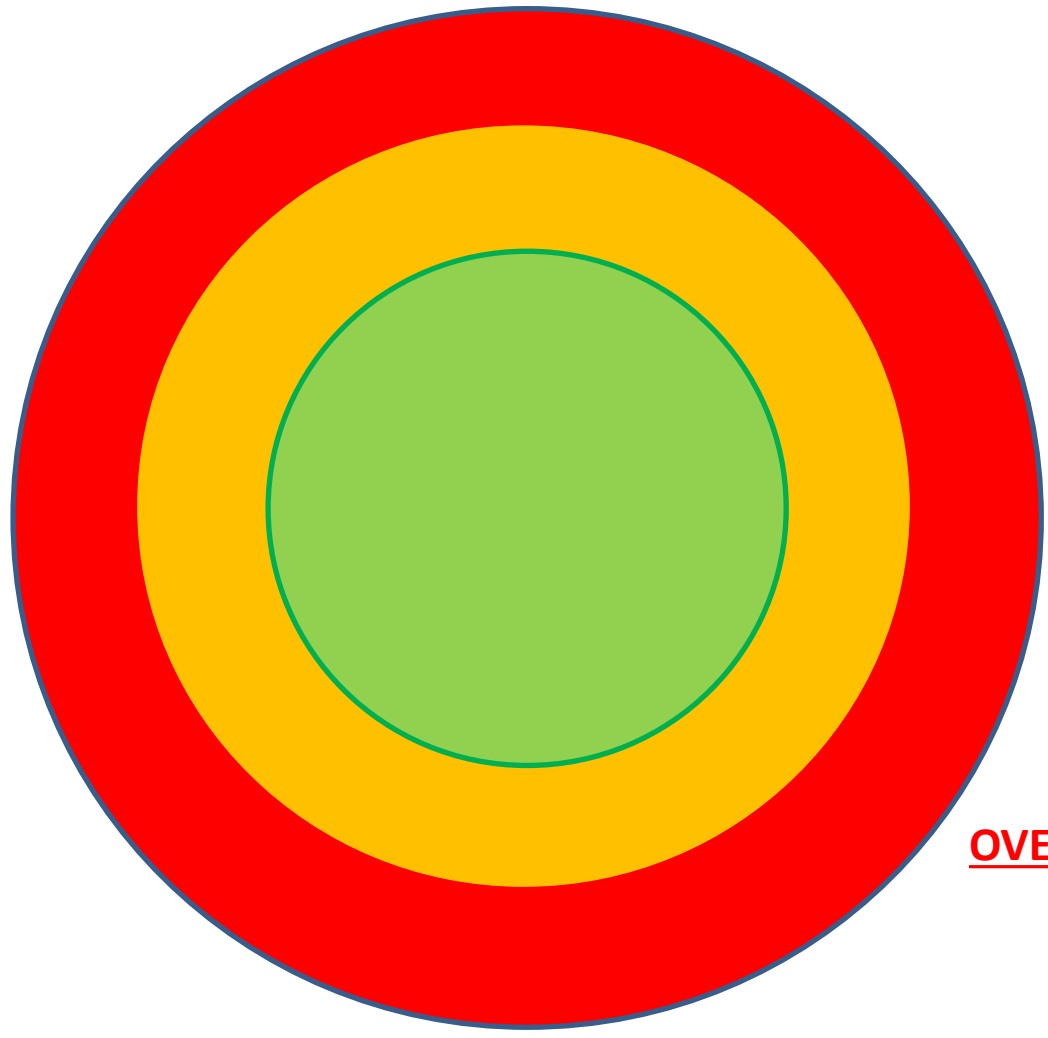
## Weekly task;

- Read and complete this week's worksheets.
- Visit DPMS website [www.dorsetpain.org.uk](http://www.dorsetpain.org.uk) , watch Tai chi video ([tinyurl.com/12xgjm56](http://tinyurl.com/12xgjm56)) aim to explore some new movements, whilst keeping within your comfort zone.
- Daily suggestion:
  - Take a friendly attitude to assessing your state, using the Bullseye image.





# Closing -How are you?



COMFORT ZONE

CHALLENGED ZONE

OVERWHELM ZONE