

Chapter 8

SHaRE & REPaIR

Virtual Programme



REPaIR - Repair Emotional & Physical wellbeing And Increase Resilience

Summing up an individual REPaIR
plan.

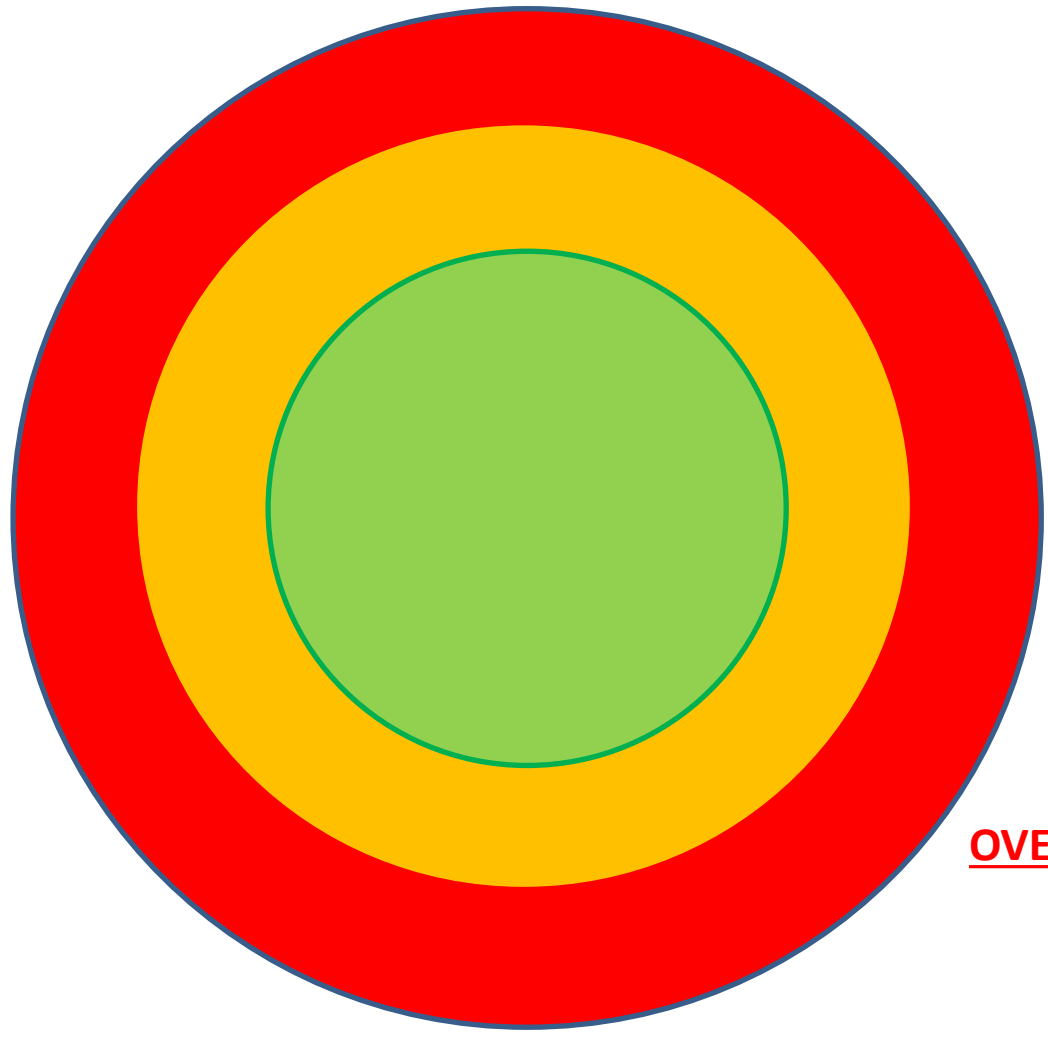


And coming up...

- 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

Review the process

- SHARE
 - **SH**are **And R**-Examine *‘Connection before correction’*
 - Reflect on experiences of sharing space with others, what has struck you?
 - Reflect on your knowledge, what new info do you now possess and what difference has it made to your perceptions on the future?
- REPAIR
 - **R**epair **E**motional & **P**hysical wellbeing **And I**ncrease Resilience

Review the process

- REPAIR
 - Repair Emotional & Physical wellbeing And Increase Resilience *'We repeat what we don't repair'*

Body

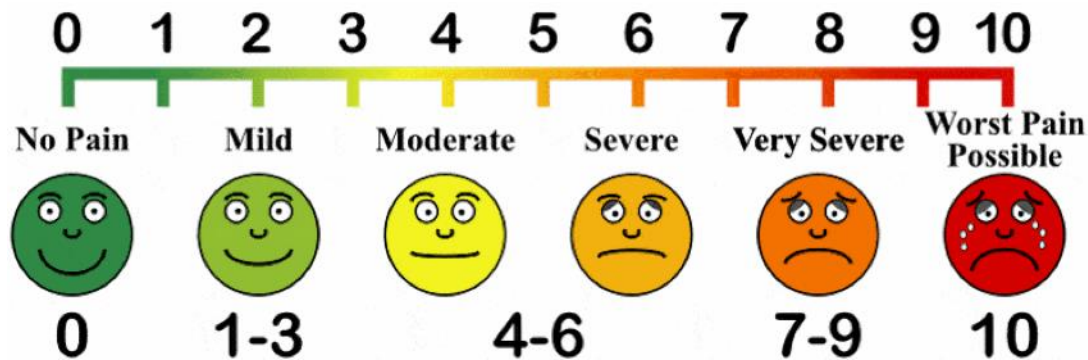
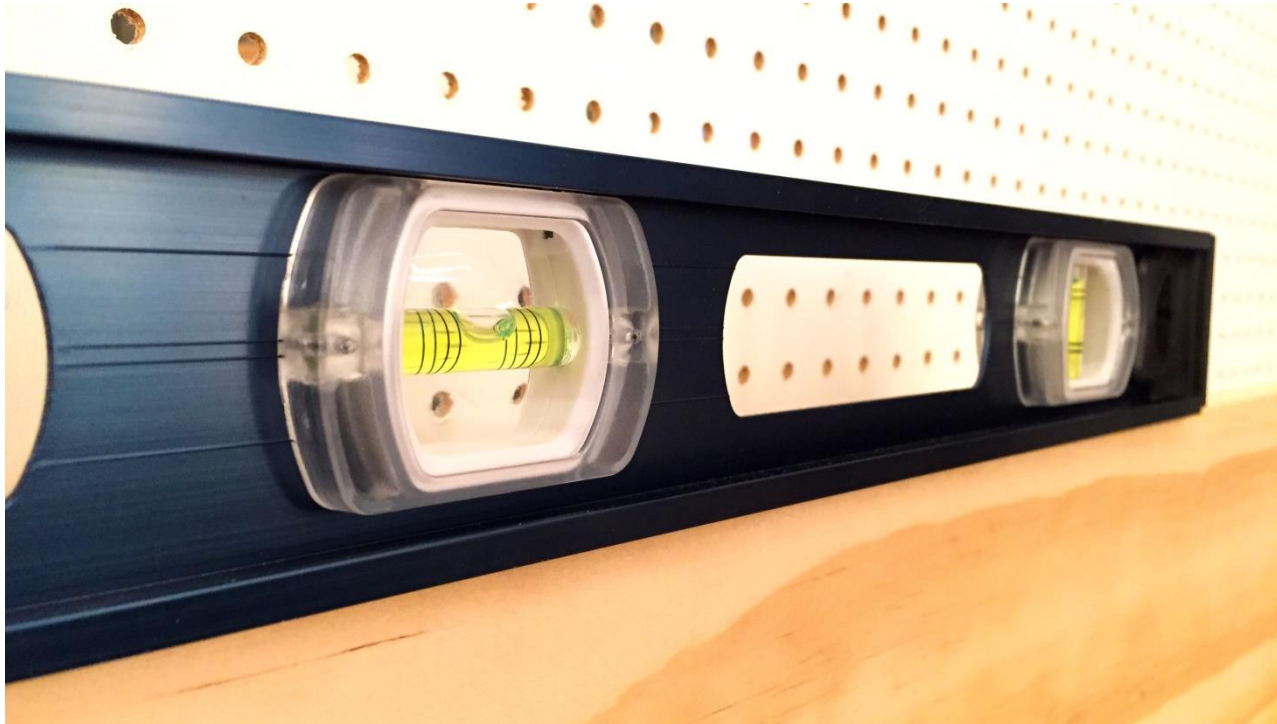
Brain/Mind

activity

relationships & boundaries

Energy

Measure the process



Moving on...

This can be a useful time to look back, to see what may have changed—**OUTCOMES MEASURES.**

Resources to be aware of;

- Website
- Exercise group
- Mindfulness group
- Sleep group
- SD PMP
- Pain community
- Progress plan

Follow up



The screenshot shows the website for the Dorset Pain Management Service. The header includes the NHS logo, the service name 'Dorset Pain Management Service' with the tagline 'Soaring above pain', and the Dorset HealthCare University NHS Foundation Trust logo. Navigation options include 'Login', 'Translate', and 'Search'. A main banner features a group photo of staff and patients with the text 'Is this service suitable for you?'. Below the banner is a section for 'Connections and Samaritans' with contact information. On the right, there are buttons for 'Log in (for registered users)', 'Enrol on Self-Directed PMP', and 'Peer support'. A 'PainPals Helpline' section provides contact details: 01202 858361, Mon-Fri 11:00 - 17:00, and Wed 14:00 - 17:00 only. A description of the helpline is also present.



Moving on...

What are your fears and hopes?

- **Flare up management.** for more info look at our website resources: <https://tinyurl.com/yh79575w>
- **Goal setting.** For guidance please look at our advice sheets and worksheets:
<https://tinyurl.com/y4jbuwtr>STG's & LTG's



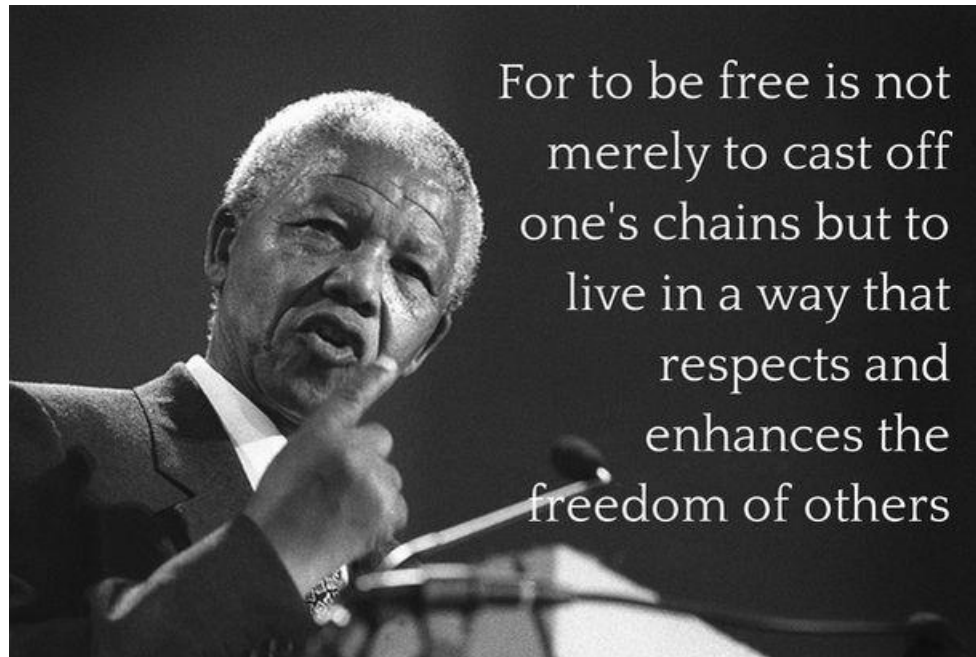
Experiential...

- Movement
- Moment of mindfulness:
 - Soften Soothe Allow (SSA)



Commitment

- Write a discharge letter for yourself, of what you have covered and your next steps...



Weekly practice...

Weekly task;

- Review all worksheets.
- Visit DPMS website www.dorsetpain.org.uk , watch Tai chi video (tinyurl.com/12xgjm56).



Closing -How are you?

COMFORT ZONE

CHALLENGED ZONE

OVERWHELM ZONE

