



Dorset Pain Management Service
Soaring above pain



**Dorset HealthCare
University**
NHS Foundation Trust

Self care for Stress and Pain

Recap:

Group Values

- Time keeping
- Turn taking
- Confidentiality
- Keeping safe and self care
- Cameras on
- Non-judgmental
- Openness to new ideas, and active engagement
- IT 'fails' procedure
- No such thing as a silly question
- Commitment to the group
- Anything else??





What is stress?

- 1. What is the definition of stress?*
- 2. What changes do you notice when stressed?*



What is stress?

Defined as a biological, emotional, and cognitive (that is, mental) reaction to an event that you think you might not be able to cope with

Stress typically occurs when the demands placed on us, either by ourselves or others, outweigh our resources - when the scales are not balanced

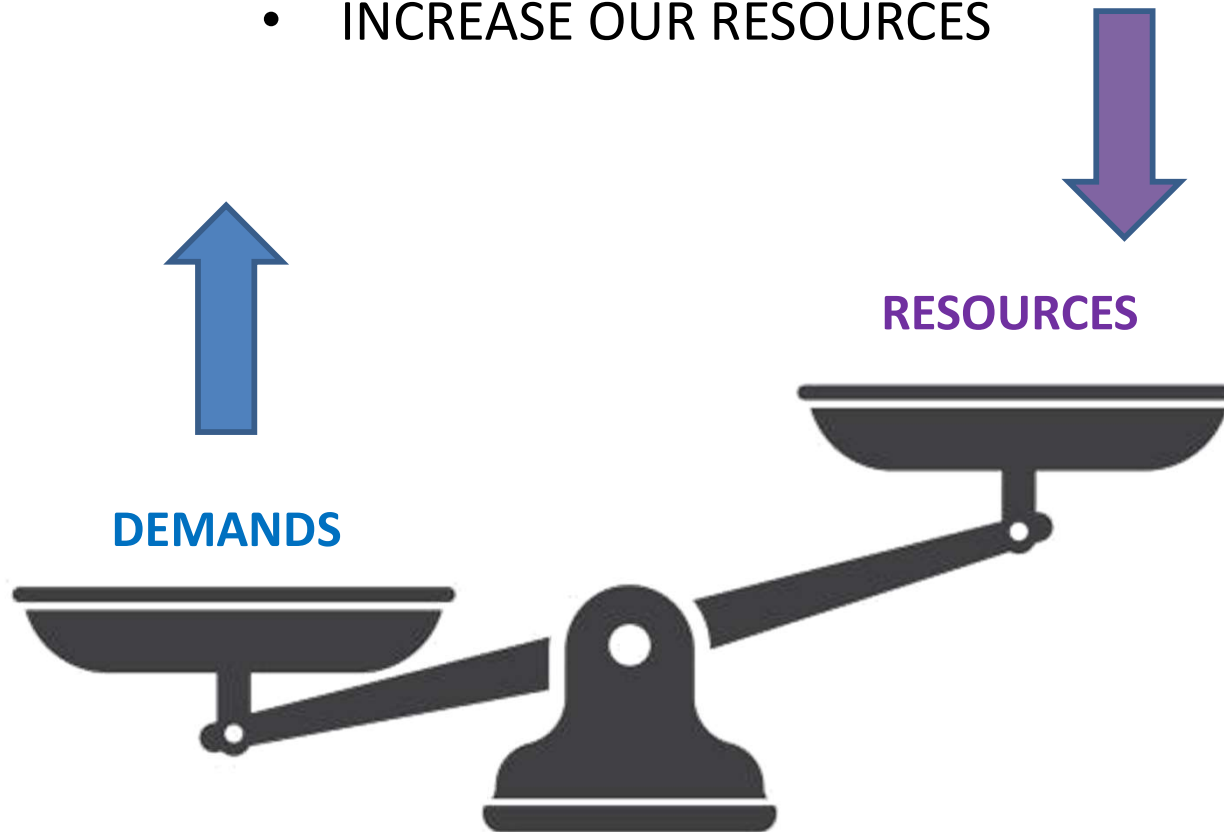




What is stress management

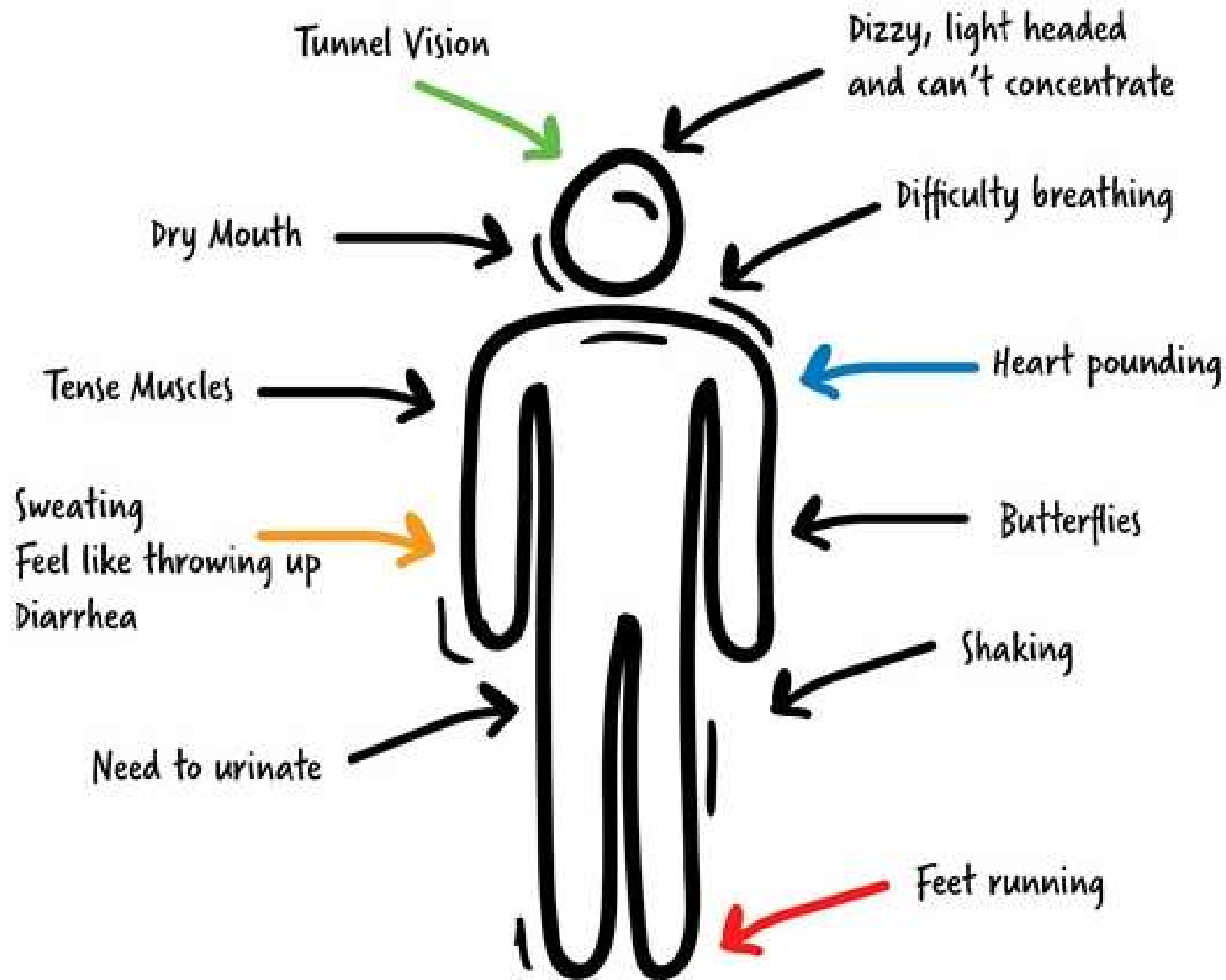
What options do we have to redress the balance / reset the scales?

- REDUCE DEMANDS
- INCREASE OUR RESOURCES





How Stress Affects the Body





Stress Profile

- Mental and emotional symptoms
(thoughts and feelings)
- Behavioural symptoms
(how do you respond to stress? What do you prioritise? ask your friends and family what they notice when you are stressed)
- Physical symptoms
- How does this impact on YOUR pain experience and pain management?



My Stress Profile

It is helpful to make a list of how stress affects you personally. When you begin to recognise that you are under stress, you will then be better able to prevent or minimise its effect. Use the headings below to help you identify how stress affects you, so that you can begin to consider at what point different stress management techniques might be most helpful.

My mental and emotional symptoms (thoughts and feelings)

My physical symptoms (the feelings in my body)

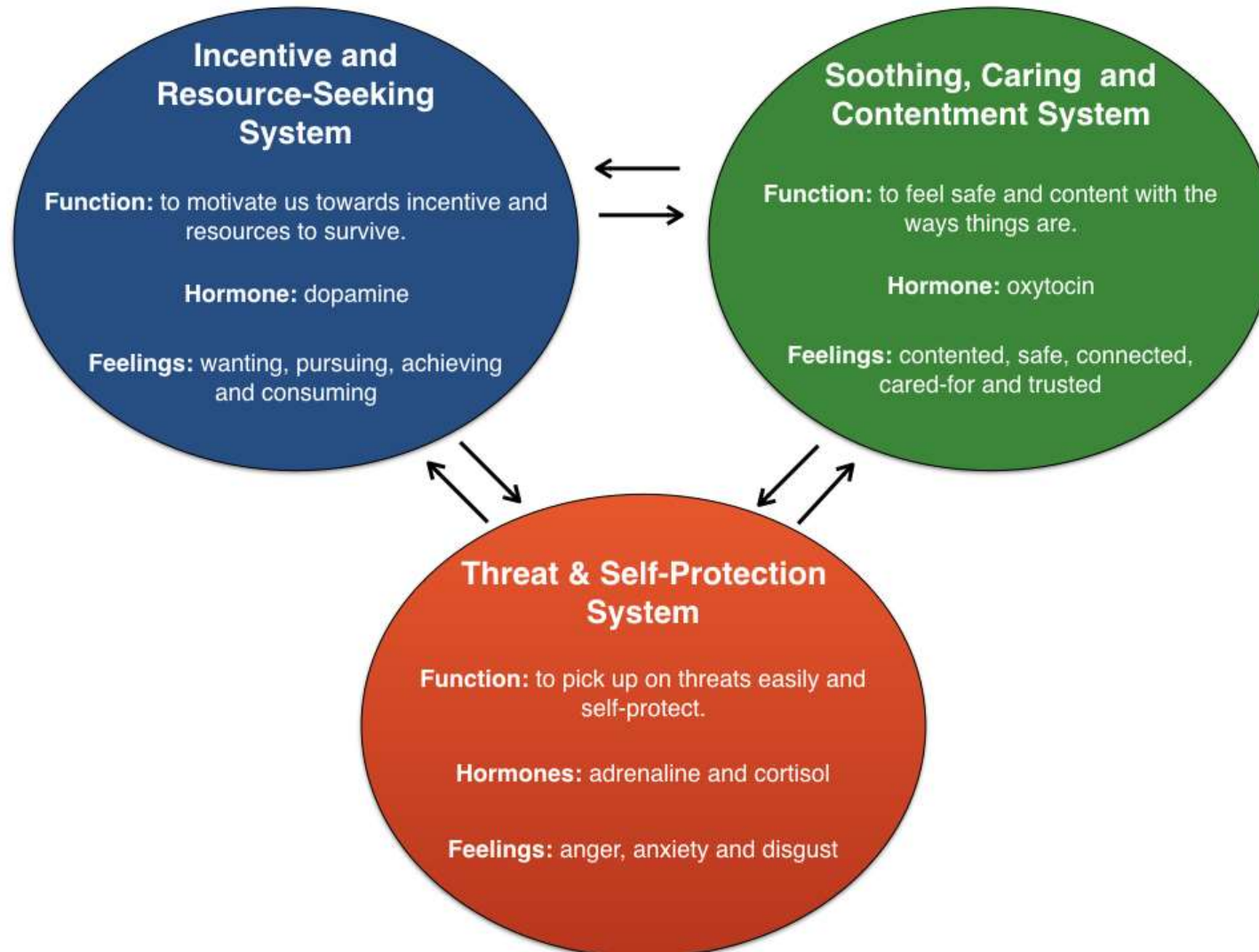
My behavioural symptoms (ask your family/friends how they can tell if you are stressed)

Behaviours and habits may include:

- increased smoking or alcohol intake
- increased or decreased appetite
- increased or decreased sleep
- nail biting or mannerisms such as finger tapping, fidgeting etc.
- the way you interact with others – increased irritability, withdrawing/isolating oneself

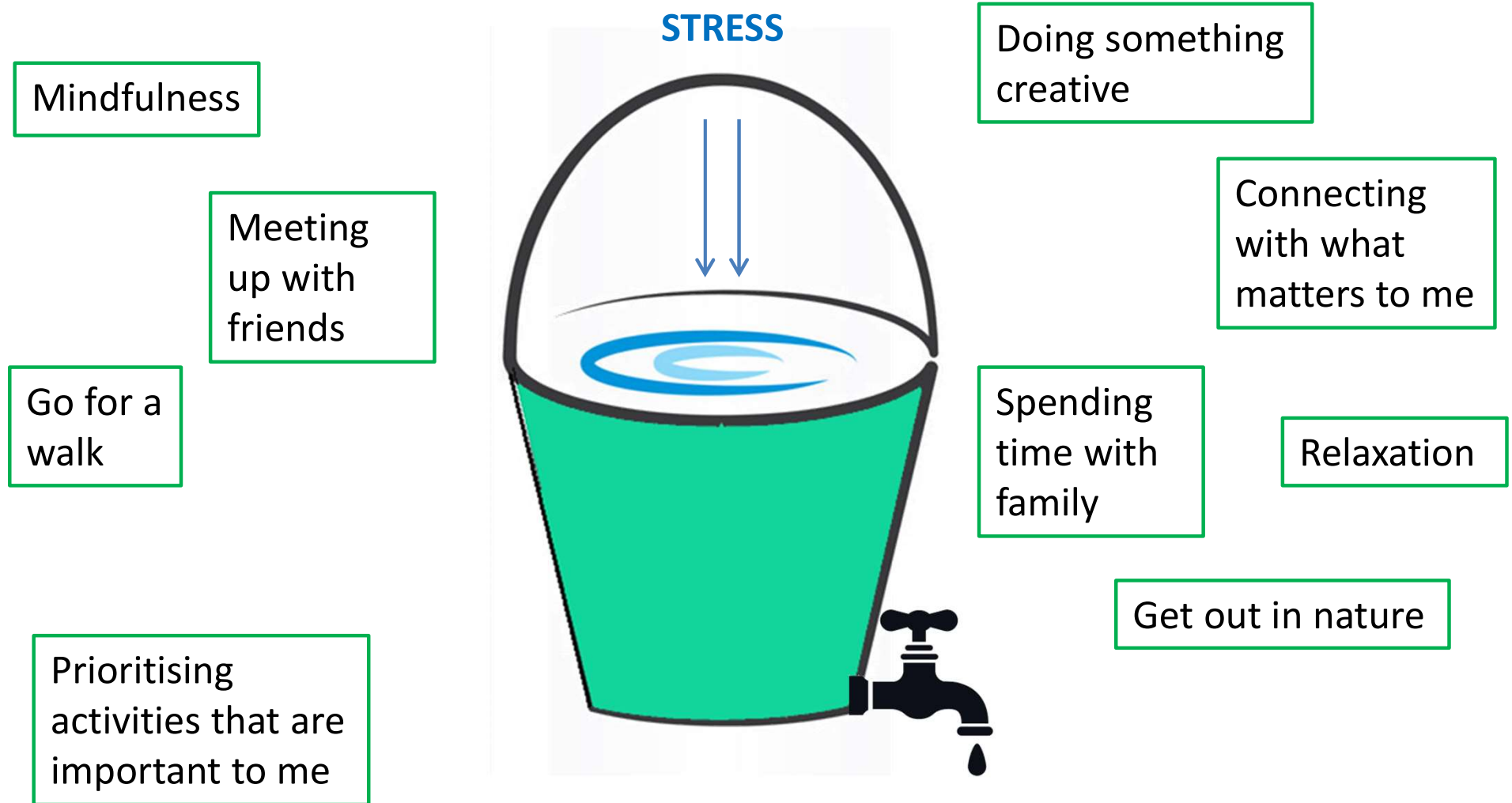


A Model to Explain and Manage Stress





Managing Stress: The Stress Bucket





Managing Stress



Connect with people

- Contact a friend
- Join a new group
- Join a political party
- Join a dating website
- Send a message to a friend
- Write a letter to a friend
- Reconnect with an old friend



Cook

- Cook a meal for yourself
- Cook a meal for someone else
- Bake a cake / cookies
- Roast marshmallows
- Find a new recipe



Learn

- Learn something new
- Learn a new skill
- Learn a new fact
- Watch a tutorial video



Mend

- Repair something in the house
- Repair your bike / car / scooter
- Make something new
- Change a lightbulb
- Decorate a room



Plan

- Set a goal
- Create a budget
- Make a 5 year plan
- Make a 'to do' list
- Make a 'bucket list'
- Make a shopping list



Read

- Read a favourite book
- Read a new book
- Read the newspaper
- Read your favourite website



Watch

- Watch a movie
- Watch a TV show
- Watch a YouTube video



Write

- Write a letter with compliments
- Write a letter to your politician
- Write an angry letter
- Write a grateful letter
- Write a 'thank you' card
- Write a journal / diary
- Write your CV
- Start writing a book



Animals

Pet an animal
Walk a dog
Listen to the birds



Be active

Go for a walk
Go for a run
Go for a swim
Go cycling
Use an exercise video at home



Clean

Clean the house
Clean the yard
Clean the bathroom
Clean the toilet
Clean your bedroom
Clean the fridge
Clean the oven
Clean your shoes
Do the washing up
Fill / empty the dishwasher
Do laundry
Do some chores
Organise your workspace
Clean a cupboard



Create

Draw a picture
Paint a portrait
Take a photograph
Doodle / sketch
Organise photographs
Make a photograph album
Start a scrapbook
Finish a project
Do some sewing / knitting



Expression

Laugh
Cry
Sing
Shout
Scream



Kindness

Help a friend / neighbour / stranger
Make a gift for someone
Try a random act of kindness
Do someone a favour
Teach somebody a skill
Do something nice for someone
Plan a surprise for someone
Make a list of your good points
Make a list of things or people you are grateful for



Mind

Daydream
Meditate
Pray
Reflect
Think
Try relaxation exercises
Practise yoga



Music

Listen to music you like
Find some new music to listen to
Turn on the radio
Make some music
Sing a song
Play an instrument
Listen to a podcast



Nature

Try some gardening
Plant something
Do some pruning
Mow the lawn
Pick flowers
Buy flowers
Go for a walk in nature
Sit in the sun



Schedule

Get up extra early
Stay up late
Sleep in late
Tick something off your 'to do' list



Self care

Take a bath
Take a shower
Wash your hair
Give yourself a facial
Trim your nails
Sunbathe (wear sunscreen!)
Take a nap



Try something new

Try a new food
Listen to some new music
Watch a new TV show or movie
Wear some new clothes
Read a new book
Do something spontaneous
Express yourself



Communication – self talk

(thinking about thinking from last week)

How we talk to ourselves can be a stressors
e.g. THINKING TRAPS

Changing relationships with thoughts can support stress management

1. Find alternative helpful thoughts
2. Present moment focus (break out of worry / rumination cycles)
3. Diffusion – labelling thoughts for what they are

Finding alternative helpful thoughts

What would I say
to a friend or
loved one in this
situation?

This is a thought,
not a fact

Have I fallen
into a
thinking trap?

Am I being fair to
myself, what's the
evidence?

Are there other
more helpful
ways of looking
at this?



Changing our relationship with thoughts

- Present moment focus



Mind Full, or Mindful?

MY DIMS and SIMS			
Danger In Me DIMS		Safety In Me SIMS	Notes / comments / questions
	Things I hear, see, smell, taste & touch		
	Things I do		
	Things I say		
	Things I think and believe		
	Places I go		
	People in my life		
	Things happening in my body		



Personal Projects

Plan:

I would like to use the following learning / tools / reminders in my week ahead to support my Pain Management

-
-
-

To support me with my project I will need

-
-



Personal Projects

Overcoming obstacles / questions:

If I wasn't able to work on my personal project this week, what did I notice getting in the way?

Do I have any questions to ask my Pain Management Team?

-

-

Ideas for possible solutions to these obstacles that I can try next time / answers to my questions

-

-

Emotional wellbeing Support

Access Mental Health:

www.dorsethealthcare.nhs.uk/access-mental-health

People of any age and their families can access our services in Dorset.

Connection – a 24/7 helpline open to all ages. Dorset residents or people visiting Dorset can call direct on 0300 123 5440 or access via NHS 111.

www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/connection

The Retreat – open to anyone aged 18 or above, providing a safe space to seek face-to-face help and support. It is open every day from 4.30pm-midnight at locations in Bournemouth and Dorchester.

www.the-retreat.org.uk

Samaritans:

If you feel you need to talk to someone in confidence, the Samaritans are available 24 hours a day, 7 days a week on:

Tel: 116 123 (TEXT MESSAGE ONLY number available on 07725 909090)

Email: jo@samaritans.org

Web: www.samaritans.org

GP – urgent appointment with GP or duty doctor

A&E / 999 in an emergency