Healthy Living with Chronic Pain

Weekly Workshop Topics

### Session 1
- **Activity 1:** Intro to the Workshop
- **Activity 2:** Group Introductions
- **Activity 3:** What is Pain?
- **Activity 4:** Mind & Body Connection
- **Activity 5:** Getting Quality Sleep
- **Activity 6:** Intro to Action Plans
- **Activity 7:** Closing

### Session 2
- **Activity 1:** Feedback/Problem Solving
- **Activity 2:** Dealing with Difficult Emotions
- **Activity 3:** Intro to Physical Activity
- **Activity 4:** Better Breathing & Relaxation
- **Activity 5:** Fatigue Management
- **Activity 6:** Making an Action Plan
- **Activity 7:** Closing

### Session 3
- **Activity 1:** Feedback on Action Plan
- **Activity 2:** Moving Easy Program
- **Activity 3:** Pacing & Planning
- **Activity 4:** Evaluating Treatments
- **Activity 5:** Making Decisions
- **Activity 6:** Making an Action Plan
- **Activity 7:** Closing

### Session 4
- **Activity 1:** Feedback on Action Plan
- **Activity 2:** Working with Your Health Care Professional & Health Care System
- **Activity 3:** Communicating about Pain
- **Activity 4:** Weight Management
- **Activity 5:** Looking Back and Planning for the Future
- **Activity 6:** Closing

### Session 5
- **Activity 1:** Feedback on Action Plan
- **Activity 2:** Moving Easy Program
- **Activity 3:** Medications & Chronic Pain
- **Activity 4:** Dealing with Depression
- **Activity 5:** Positive Thinking
- **Activity 6:** Stress & Relaxation
- **Activity 7:** Making an Action Plan
- **Activity 8:** Closing

### Session 6
- **Activity 1:** Feedback on Action Plan
- **Activity 2:** Working with Your Health Care Professional & Health Care System
- **Activity 3:** Communicating about Pain
- **Activity 4:** Weight Management
- **Activity 5:** Looking Back and Planning for the Future
- **Activity 6:** Closing