

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:**
Moving Easy Program
- Activity 3:**
Healthy Eating
- Activity 4:**
Communication Skills
- Activity 5:**
Problem-Solving
- Activity 6:**
Making an Action Plan
- Activity 7:**
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