

Help Your Members

Break the Grip of Pain and Enjoy Life Again!

This evidence-based Chronic Pain Self-Management Program demonstrates replicable results by providing tools proven to be successful in helping individuals manage their chronic pain.

Your members will complete the workshop with strategies and confidence to take back control of their lives from chronic pain.

The workshop:

- Lay-led program. Many of our instructors have personal experience with the conditions they focus on
- Supported by evidence-based outcome studies

Your members will learn how to:

- Learn chronic pain coping skills
- Practice relaxation and improve their sleep
- Learn gentle movement exercises
- Balance activity and rest
- Manage difficult emotions and stress
- Develop healthy eating habits
- Improve communication with healthcare providers
- Share the joy of their successes and enjoy the support of others like themselves



The studies behind the Chronic Pain workshop:

This workshop helped individuals be more confident that they can do things outside of seeing their doctor or taking medication to reduce the effect pain has on their everyday lives. Participants have shown improved confidence in keeping certain symptoms – fatigue, physical discomfort, and emotional stress – from interfering with the things they want to do. Study results:

(376) Impact of the Harborview Chronic Pain Self-Management Program on participants' quality of life, confidence and pain experience
<http://bit.ly/2XJYgI9>

“Participants showed significant improvements on pain, disability, catastrophizing, depression, anxiety, and health worry...” Study results:
A prospective evaluation of the Chronic Pain Self-Management Programme in a Danish population of chronic pain members.
<http://bit.ly/2GbWcHX>

Self-management interventions are effective methods to improve pain and health outcomes. Study results:

Effects of chronic disease self-management programs for participants with higher depression scores: secondary analyses of an on-line and a small-group program.
<http://bit.ly/32thkCT>

Workshop Overview

Here is the breakdown of what is covered during each of the six individual sessions:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic pain conditions	●					
What is pain?	●					
Using your mind to manage symptoms	●	●			●	●
Getting a good night's sleep	●					
Making an action plan	●	●	●	●	●	●
Action Plan Feedback		●	●	●	●	●
Problem-Solving		●				
Dealing with difficult emotions		●				
Physical activity and exercise		●	●	●	●	
Better breathing		●				
Fatigue management		●				
Pacing and planning			●			
Evaluating treatments			●			
Making decisions			●			
Healthy eating				●		
Communication skills				●		●
Medications for chronic pain					●	
Depression management					●	
Working with your healthcare professional and organization						●
Weight management						●
Future plans						●

For tips and resources on living healthy and coping with chronic medical issues you may share with your members, visit the California Healthier Living Website: www.cahealthierliving.org