

Session 4

Relaxation response: Body Scan

Check-in:

1. Share two items from your gratitude journal
2. Something you've learned from your nutrition log, pain diaries.
3. Any SMART goal you would like to share?

Listening to the Body; Pacing/Adaptation/Delegation

Nutrition in Pain Part 2: Tacks to Remove

Handout: suggestions for sitting, sleeping, reading, standing, etc. – read this and think about what else you have figured out that you might like to share with the group next time.

Homework:

Relaxation response Exercise 20 minutes per Day

Pain Diaries and Feedback Form

Write 3 things in your gratitude journal each day

And check in with your buddy!

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.

-Elisabeth Kubler-Ross

*. . . of all the things that finally desert us,
Pride is always the last thing to go.
But it won't bring you love if you don't love
And it won't bring you time if you ain't got time
And it won't bring you strength baby if you ain't strong
And it won't bring you kindness if you ain't kind.*

Mary Chapin Carpenter

Foods to Eat Less Of

1. Sugar/High Glycemic Foods – For more information, see <http://www.mendosa.com/gi.htm> or read The GI Diet by R. Gallop or The New Glucose Revolution.

Foods with a high glycemic index signal the body to produce large amounts of insulin, a hormone that carries blood sugar into the cells to be used for energy or stored. With too much insulin after eating high GI foods, there can be a rapid drop in blood sugar (called “reactive hypoglycemia”) that can lead to shakiness, “spaciness” or fatigue several hours after eating, as well as an increase in appetite.

Some foods with a high glycemic index have low impact on the blood sugar when eaten in normal portion sizes. Carrots, for instance, have a high glycemic index, but it takes 6.6 cups of carrots to deliver the same amount of carbohydrate that is found in 1 cup of cooked spaghetti. Since most people do not eat that many carrots at a sitting, carrots do not tend to have a big impact on blood sugar. The Glycemic Load takes the amount of carbs in a typical serving into account along with the glycemic index and can give a more balanced view of how eating typical servings of a particular food will affect the blood sugar.

Target: Glycemic index < 45, Glycemic load < 10

Some basic tips to keep the glycemic load of the diet down include:

- Eat whole grains (i.e. where you can see the grains in your bowl, not where they have been ground into flour.) Limit processed grains.
- Pass on the potatoes.
- Bring on the Beans. Beans are a great source of protein as well as a good source of slowly digested carbohydrates

2. Bad Fats:

- Saturated fats
- Omega-6 vegetable oils
- Trans fats (“hydrolyzed”)

3. Excitotoxins and additives:

Caffeine
Alcohol
MSG – Monosodium glutamate – “natural flavors”
Aspartame

4. Idiosyncratic – food sensitivities

Common food allergens: tomato, wheat, cow's milk (and cheese, yogurt, ice cream, etc.),
chocolate/cola, citrus, pork, nuts, cinnamon, egg, corn, fish, legumes

To identify these: Elimination Diet

The Body-Scan

One very powerful technique we can use to reestablish contact with the body is known as body scanning. Because of the thorough and minute focus on the body in body scanning, it is an effective technique for developing both concentration and flexibility of attention simultaneously. It involves lying on your back and moving your mind through the different regions of your body.

We start with the toes of the left foot and slowly move up the foot and leg, feeling the sensations as we go and directing the breath in to and out from different regions. From the pelvis, we go to the toes of the right foot and move up the right leg back to the pelvis. From there, we move through the torso, through the low back and abdomen, the upper back and chest, and the shoulders.

Then we go to the fingers of both hands and move up simultaneously in both arms, returning to the shoulders. Then we move through the neck and throat, and finally all regions of the face, the back of the head, and the top of the head.

We wind up breathing through an imaginary "hole" in the very top of the head, as if we were a whale with a blowhole. We let our breathing move through the entire body from one end to the other, as if it were flowing in the top of the head and out through the toes, and then in through the toes and through the top of the head.

By the time we have completed the body scan, it can feel as if the entire body has dropped away or has become transparent, as if its substance were in some way erased. It can feel as if there is nothing but breath flowing freely across all the boundaries of the body.

As we complete the body scan, we let ourselves dwell in silence and stillness, in an awareness that may have by this point gone beyond the body altogether. After a time, when we feel ready to, we return to our body, to a sense of it as a whole. We feel it as solid again. We move our hands and feet intentionally. We might also massage the face and rock a little from side to side before opening our eyes and returning to the activities of the day.

The idea in scanning your body is to actually *feel* each region you focus on and linger there with your mind right *on* it or *in* it. You breathe *in* to and *out* from each region a few times and then let go of it in your mind's eye as your attention moves to the next region. As you let go of the sensations you find in each region and of any of the thoughts and inner images you may have found associated with it, the muscles in that region literally let go too, lengthening and releasing much of the tension they have accumulated. It helps if you can feel or imagine that tension in your body and the feelings of fatigue associated with it are flowing out on each outbreath and that, on each inbreath, you are breathing in energy, vitality, and relaxation.

From Jon Kabat-Zinn's

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. (New York: Delta Book, 1990, p. 76-77)

Stress Reduction Through Mindfulness

Mindfulness is the practice of paying attention to what is happening to you from moment to moment. To be mindful, you must slow down, do one activity at a time, and bring your full awareness to both the activity at hand and to your inner experience of it. Mindfulness provides a potentially powerful antidote to the common causes of daily stress such as time pressure, distraction, agitation, and interpersonal conflicts.

Simple ways you can practice mindfulness each day:

- *As you awaken in the morning, bring your attention to your breathing. Instead of letting your mind spin off into yesterday or today, take mindful breaths. Focus on your breathing, and sense the effects of breathing throughout your body.
- *Instead of hurrying to your usual routine, slow down and enjoy something special about the morning: a flower that bloomed, the sound of birds, the wind in the trees.
- *On your way to work or school or errands, pay attention to how you walk or drive or ride the transit. Take some deep breaths, relaxing throughout your body.
- *When stopped at a red light, pay attention to your breathing and enjoy the landscape around you.
- *When you arrive at your destination, take a few moments to orient yourself; breathe consciously and calmly, relax your body, then begin.
- *When sitting at your desk or keyboard, become aware of the subtle signs of physical tension and take a break to stretch or walk around.
- *Use the repetitive events of the day – the ringing telephone, a knock on the door, walking down the hall – as cues for a mini-relaxation.
- *Walk mindfully to your car or bus. Can you see and appreciate something new in the environment?
- *Can you enjoy walking without rushing?
- *As you return home, consciously make the transition into your home environment. If possible, after greeting your family or housemates, give yourself a few minutes alone to ease the transition.
- *As you go to sleep, let go of today and tomorrow, and take some slow, mindful breaths.

By following the main elements of mindfulness – combining awareness of your breath with focusing on the activity at hand – you will be able to experience every moment as fully as possible.

Pacing, Adaptation, and Delegation

Pacing is about conserving your energy over the long haul and not letting the stress of pain and overactivity decrease it. Instead of “sprinting” through an activity, you “walk.” Instead of working harder, you work smarter.

Observe that certain positions (such as sitting or standing) and certain activities (such as vacuuming or combing your hair) may increase your pain. Becoming aware of how long you can stand before your pain goes from a 4 to a 6 can give you an idea of how long you can stand to do the dishes before you sit to pay the bills. Then note how long you are sitting before the pain goes back to a 4. Once you have the idea, you can alternate sitting with standing activities, get more accomplished, and not increase your pain and exhaustion. Use a timer so that the temptation to pay one more bill or do one more dish is limited.

Adaptation is about finding new ways to accomplish old tasks or using devices to help do routine activities. Consider doing dishes with a dishpan at the table or sit while folding clothes, put a bench in the shower, use shoes with Velcro clasps, put large handle grips on kitchen tools and pens, etc. Occupational therapists can help with finding appropriate assistive devices, and also see the webpage: <http://www.nlm.nih.gov/medlineplus/assistivedevices.html>, especially the link to the Mayo Clinic information about devices in the home. A trackball on the computer may significantly decrease stress in the arm and neck compared to a mouse, for example. Headsets for phones can also drastically reduce strain on the arms and neck.

Delegation is another way of conserving energy. “If you carry the laundry upstairs, I’ll fold it.” “You clean the bathrooms, I’ll pick up the living room.” Entertain by hosting potlucks. Can’t do a certain task? Ask a friend. They may have something you can do for them in return.

Practical notes:

- Consider using Post-It Notes to describe each task and its time and positioning requirements, then shuffle those on a large piece of paper to organize your day.
- One of our patients has a box of index cards with the tasks needed to clean her house, which she used to do in a blitzkrieg once every couple weeks. Now, she pulls out one card per day, does that task, and returns it to the back of the stack.
- Set a timer on your computer to do a minute of stretching every hour.

It may be difficult for you to take the lead in deciding what you can and cannot do (instead of living up to others’ expectations). However, it is absolutely essential that you take control. No one else can judge what you are able or not able to do.

If you find yourself needing hours or a whole day to recover in between activities, you probably have not stopped an activity soon enough, and you need to practice responding earlier to increases in tightness, fatigue, and pain.

Another useful exercise is to look at which activities might need to be dropped and to think about those that you may need to make room for in your life.

1. How many hours of my day are devoted to meeting others' needs? _____
2. Do all of these activities really need my involvement? _____
3. What activities can I share with or assign to the person or persons who are currently requiring my time? _____
4. What activities that I am not currently pursuing would I like to add to (or put back into) my routine? _____

Pacing Example

Then		Now	
9 a.m.	Get up Pain sensation = 6 Emotional response = 7	7 a.m.	Get up (Pain = 5, Emotional response = 3)
9:30	Breakfast	7:30 a.m.	Stretching, relaxation technique
10:30 a.m.	Do the dishes, watch TV	8:00 a.m.	Breakfast
11 a.m.	Lie down	8:30 a.m.	Shower, get dressed
1 p.m.	Get up and eat lunch	9 a.m.	Get bills together to pay
1:30 p.m.	Work on the car (Pain = 7)	9:15 a.m.	Wash dishes for 10 minutes
3:00 p.m.	Pick up the children	9:25 a.m.	Pay bills for 15 minutes
4:30 p.m.	Eat dinner	9:40 a.m.	Bring laundry down in 4 small bundles
5:00 p.m.	Watch TV	10 a.m.	Log on internet for support group
7:00 p.m.	Go to bed Pain sensation = 8 Emotional response = 7	10:20 a.m.	Start wash in washing machine
		11 a.m.	Finish bills
		11:30 a.m.	Finish dishes
		Noon	Eat lunch
		12:30 p.m.	Put wet clothes in dryer
		1 p.m.	Peel vegetables for dinner
		1:45 p.m.	Take wet clothes out of dryer
		2:15 p.m.	Fold clothes while sitting
		3 p.m.	Pick up children at school
		3:15 – 6 p.m.	Watch soccer game – sit and stand
		6:15 p.m.	Set table
		6:30 p.m.	Eat dinner
		7 p.m.	Stretches
		7:30 p.m.	Help children with homework
		9 p.m.	Read bedtime story
		9:30 p.m.	Hot shower and bed Pain sensation = 5, Emot Resp=3

-From the MBMI

Ergonomics and Adaptation

Make a game of living life to the fullest. Plan strategies against your opponent, just as you would in checkers or chess. Relish your victories whenever you win something back that pain has stolen.

Adapting Your Home

Most homes and the things in them are designed for standard-size humans with standard physical and mental abilities. But not everyone is standard. New parents “baby-proof” the house and buy baby furniture. Making changes to your home is part of the game of adapting.

The **easy-reach zone**, for most wheelchair users, begins about 15” or 16” from the floor and ends about 51” or 52” from the floor. Standing, the zone begins at knee level and ends a few inches higher than **your height**, not your outstretched arms.

➤ Put the things you use most often within your easy-reach zone. In each work or storage area (kitchen, bathroom, garage, study center), measure out that zone and figure out how to use it as completely as possible, leaving those areas outside your easy reach zone for storage of things you almost never need. Your storage adaptations may include hanging baskets, rolling storage carts, peg boards, hooks, and more.

Look at your **furniture arrangement** with an eye to minimizing obstacles but also to providing assistance with balance. Make sure furniture is stable, and arrange it to patterns of travel, as well as allowing easy access to light switches, electric outlets, windows, window coverings, and controls such as thermostats.

- Place the bed away from the walls; bed making is much easier.
- Some doors can be replaced with curtains if privacy is an issue.
- Install grab bars in the bathroom, bedroom, and anywhere else they would be helpful to you. See the resources at the end if you need help making these sorts of adaptations to your home.
- Beds, chairs, and toilet seats are easier to rise from if they are high. There are several ways to elevate a toilet seat. The 3-in-1 commode can be used as a bedside commode, a shower chair, or placed over the toilet as an elevated toilet seat. Avoid low chairs, especially if the seats slant back and down.
- If you transfer to and from a wheelchair, try to have all your other seats **at the same level**, so you can slide easily from one to the other using a sliding board. This is easier than standing to transfer.
- Remove the doors and perhaps the cabinets under the sink in the kitchen. Leaving the cabinet base in place can provide a footrest if you use a scooter with a swivel seat.
- Kitchen countertops usually need to be lowered for wheelchair users. Even if you don’t use a wheelchair, consider installing at least one low section, so you can sit while doing kitchen work.
- Raising a desk or table can improve sitting posture and provide a surface on which to stabilize your arms to improve your coordination and reduce tremor. It is often necessary to raise tables and desks to allow access to a wheelchair or scooter. Desks, tables, chairs, and beds can be raised by adding wheels or by putting them on blocks. If you construct your own, be sure the legs sit well down **into** the top of the block, at least one third of its depth, so they can’t slip. Blocks can be made of wood or from coffee cans partially filled with concrete and painted to match the décor.
- High doorsills, the edges of carpets or rugs, and other changes in the floor covering can impede access. Doorsills can often be removed. Special ramps are available in catalogs for unavoidably high doorsills.
- The thicker the carpet, the more difficult it is to pick up heavy feet or propel a wheeled mobility device. Smooth non-skid floors are always best for anyone with mobility problems. All rugs and mats should be firmly secured to the floor with double-sided carpet tape, non-slip backing or matting, and/or metal or other edging. Any worn rugs, mats, or carpet should be removed.

- For bathtub access, remove tub doors and replace them with shower curtains.
- Make gardens accessible and less fatiguing to care for by building narrow raised beds along sidewalks and driveways. Look for books on container gardening methods.
- Consider the location of wall switches and electric outlets. Extensions can be placed on existing switches and electric outlets to bring them into your easy-reach zone. Plan enough electric outlets so you don't have to unplug to plug in another appliance.
- If a door is difficult to open or close, try changing the hardware. Lever-style handles are usually easier to use than round doorknobs. Temporary metal or rubber handles, found in adaptive equipment catalogs, are useful if you travel or live in a rental property.
- If you purchase a new stove, choose one with controls at the front or center of the cooktop so you don't have to reach around hot pans. Smooth cooktops are easiest to clean.
- Short strings or control rods on blinds or drapes can be replaced with longer ones.
- Carry a portable telephone to eliminate travel. Some models clip on to the belt and have small headphones in place of a receiver.
- Phone directories can be visually and physically difficult; so can dialing. Disability exemptions are provided by most local and some long-distance carriers. This eliminates charges for directory assistance and operator-assisted calls. You can also preprogram numbers into some phones so you only have to press one button. Ask your telephone company.
- Consider the weight of your tools, containers, and hand appliances. Light weight tools and containers help with weakness and fatigue but heavier objects give more sensory input (both touch and pressure). Weight may help some tremor and coordination problems. Some objects can be weighted, perhaps with sand or lead pellets.

About Beds

Generally a good supportive mattress is best with a pillow top style, or put an egg crate on your mattress. For some people, a firmer mattress or even sleeping on a camping pad on the floor will be better. A sheepskin pad or feather bed is worth a try, as is an air mattress with adjustable firmness. (This is Connie's favorite for back pain.) The tempurpedic mattresses seem to be helpful for a number of participants. You may choose to put a pillow under your knees (more toward the thigh side). For side sleepers, put a pillow between your knees, support your head level (not up or downhill), and support the top arm with a rolled blanket or pillow. Some people like body pillows for side sleeping.

About pillows

Feather pillows are more moldable so if you are not allergic, purchase good down pillows. Orthopedic pillows are okay if you find one you like (Connie feels the ones at Costco are too thick and the ones purchased through Gaiam and later overstock.com were some of the best money she ever spent). If you are a back sleeper, put the pillow under head and neck, not under shoulders. You can bunch the pillow under your neck for more support or try a towel rolled lengthwise in your pillowcase, alongside your pillow. Avoid sleeping on your stomach; it puts too much stress on the neck.

About sitting

Generally balance your body parts in good posture. It is okay to slouch your upper back a little, but keep your ears over your shoulders. Upper back strengthening helps posture. Look for a chair that has a fairly level seat. If possible, choose a high back chair to support your head and neck. You can use a pillow to support your arms. Avoid leaning into an armrest or hiking your shoulder up to an arm rest. Lumbar support helps to breath with the diaphragm as well as giving low back support. A soft surface requires a larger towel

roll and a firm surface requires a smaller roll. Consider carrying a sweatshirt or jacket so you can use it to level up a seat, make a lumbar roll, or an armrest.

Entertainment To read: consider sitting with a pillow over your chest and under your armpits. Now your arms can be supported right in front of you with your hands at eye level and your ears over your shoulders. You could also sit at a table and use a cookbook holder to hold your book. Reading in bed is usually not a good choice.

Avoid any head tilt. Choose a chair where you look straight into the TV. Purchase a headset for your phone at work and at home. Prop up some kind of board at 30 degrees to use for paper work or hobbies and you won't have to lean over your work.

About computers

Desk heights are not adjustable, but chairs are. Adjust your seat height so that your forearm is fairly level. If need be, use a footrest so your feet are well supported. Slide your chair in so that your elbows are close to your body. Get a wrist rest for your keyboard and mouse, or consider a trackball. The top of the monitor screen should be at eye level; it is OK to put the CPU on the floor. It is also okay to consider sitting in a recliner with the keyboard on some type of pillow. Get a document holder. If you primarily look at your document, it should be straight in front of you with your monitor off to the side. If you primarily look at your monitor, it should be straight in front of you with the document off to the side. Set up your office to reduce twisting and lifting. Avoid reaching above shoulder level.

About cars

At the fabric store, purchase a roll of quilt batting in the size for a baby quilt (about 45 x 60 inches). Then cut and roll it to pad your seat to custom make it for you. When you get it just right, stitch it together with a needle and a long piece of thread. You can sew a cover or put it in a pillowcase and tie it in place. The goal with the padding is to level out the scoop in the seat and the seat back, and to add a lumbar roll. It is also worthwhile to pad the headrest with foam to get rid of the space between your head and the headrest. Pad the arm rests to a comfortable height so your shoulders are relaxed and your elbows are near your body. Try holding the steering wheel at 4 and 8 o'clock to allow you to use the armrests.

About standing

Balance yourself in good posture. Stand with your knees in neutral, not bent or locked. If you need arm support, use a jacket with pockets that are just the right level to support your arms. Purchase an anti-fatigue mat to stand on. You can alternately rest one foot on a stool, or open your kitchen cupboard door and rest your foot in the cabinet. Rearrange items to avoid reaching above shoulder level frequently. Work surfaces for meal preparation or laundry folding should be four inches below the elbow. Work surfaces for more precise work can be higher. Wear shoes designed to equally distribute body weight; avoid heels and going barefoot.

About jaw pain

If you clench, find a dentist and/or biofeedback therapist who specializes in TMJ. Don't chew gum.

About lifting

Lift with bent knees and your head looking up. Do not lift anything over shoulder height; use a stool. Get help.

About temperature and humidity

Avoid drafts from air conditioning and fans in offices, movie theaters and restaurants. Avoid situations where you might become damp and cold. Be aware if weather fronts may increase your symptoms and plan your activities accordingly. It may be helpful to layer clothes. Consider wearing thin cotton underwear and a scarf around your neck. Don't tighten up your shoulders on a windy day; avoid "wind posture". Shop for a lightweight warm coat.

About activity

Most people have a few hours in the middle of the day when they feel their best; you can plan to do work or other activity during this time. It is generally not a good idea to do housework late in the day. Plan social activities during the time when you feel best and plan to rest before and after the event. Exercising during the "window" when you feel best may increase the length of your window. Try not to stay in one position too long, but plan to move about frequently.

About allergies

Be aware of possible allergies and try to eliminate exposures as much as possible. Most common allergies: wheat, dairy, food preservatives, tobacco, dust, medicines, exhaust fumes, cleaning products including laundry products, perfumes, and paint.

About tobacco

Quit smoking cigarettes, as nicotine deprives your tissues of oxygen.

About large breasts

Many people have reduced neck, shoulder, chest, arm, and carpal tunnel symptoms through a breast reduction. A good bra can also make a big difference; try Decent Exposures 1-800-524-4949, www.decentexposures.com.

Modified, from Barbara Penner

Additional Resources

Also see <http://www.abledata.com/abledata.cfm> and <http://assistivetech.net/> for ideas about adaptation and assistive devices, to help with everything from putting on socks to functioning in the kitchen.

Independent Living Resources in Portland <http://www.ilr.org/index.shtml> 503-232-7411

Neighbor Linkup through 211 – Call 211 with your need and they can help you find resources

Senior Information and Assistance 360-694-8144

Volunteer Chore Services through Catholic Community Services (360) 213-2403 – help with everything from building a wheelchair ramp to grocery shopping and housekeeping

Symptom Diary

Full Circle Center for Integrative Medicine

4641 Valley East Blvd #2

Arcata, CA 95521-4630

707-840-4701

Fax 855-420-6321

Name _____

	Describe situation	Physical Sensation (0-10) before meds	Physical Sensation (0-10) 45 min. after meds	Describe physical sensation	Emotional response (0-10)	Describe emotional response/thought	Action taken, including medications
Monday							
Date:							
Time 1:							
Time 2:							
Time 3:							
Total:							Sleep: hours_____
Average:							Quality: _____
Tuesday							
Date:							
Time 1:							
Time 2:							
Time 3:							
Total:							Sleep: hours_____
Average:							Quality: _____
Wednesday:							
Date:							
Time 1:							
Time 2:							
Time 3:							
Total:							Sleep: hours_____
Average:							Quality: _____

	Describe situation	Physical Sensation (0-10)	Physical Sensation (0-10)	Describe physical sensation	Emotional response (0-10)	Describe emotional response/thought	Action taken, including medications
Date:							
Time 1:							
Time 2:							
Time 3:							
Total:							Sleep: hours_____
Average:							Quality: _____
Friday:							
Date:							
Time 1:							
Time 2:							
Time 3:							
Total:							Sleep: hours_____
Average:							Quality: _____
Saturday:							
Date:							
Time 1:							
Time 2:							
Time 3:							
Total:							Sleep: hours_____
Average:							Quality: _____
Sunday:							
Date:							
Time 1:							
Time 2:							
Time 3:							
Total:							Sleep: hours_____
Average:							Quality: _____



Full Circle Center for Integrative Medicine

4641 Valley East Blvd #2

Arcata, CA 95521-4630

707-840-4701

FEEDBACK SHEET FOR HEALING GROUP

Name: _____ Date: ____/____/____

1) Please review your medication list and indicate any changes you have made in your medications, supplements, or over the counter meds since the last group (i.e. stopped any, increased any, decreased any, added new ones).

What refills do you need today? _____

2) Have you had any injuries, events in your personal life, any nerve blocks, physical therapy, other treatments, exercise, etc. since our last group that made your pain worse or better? Yes No

If yes, please give details. _____

3) Over the past 2 weeks has your pain level:

Decreased Stayed the Same Increased All over the place

What changes have you noticed? Please be as specific as you can: _____

4) Rate your average pain score for the past 2 weeks:

NO PAIN 1 2 3 4 5 6 7 8 9 10 VERY SEVERE PAIN

5) Rate your pain score today:

NO PAIN 1 2 3 4 5 6 7 8 9 10 VERY SEVERE PAIN

6) Over the past 2 weeks has your emotional state:

Decreased Stayed the Same Increased All over the place

What changes have you noticed? Please be as specific as you can: _____

7) Rate your average mood for the past 2 weeks:

VERY SAD 1 2 3 4 5 6 7 8 9 10 VERY HAPPY

8) Do you address special nutritional needs as part of your healing plan? Yes No If yes, what nutritional goals are you addressing? _____

9) For how long and how often did you do physical exercise in the past 2 weeks?

Aerobic Time _____ How often? _____
 Stretching Time _____ How often? _____
 Strengthening Time _____ How often? _____

10) Did you meditate? Yes No How long? _____ How often? _____

11) Did you use other relaxation techniques or mini relaxation response exercises? Yes No
What did you do? _____ How often? _____

12) What goal did you set last time? _____

Did you accomplish it? Yes No If no, can you come up with a plan to help you succeed by identifying the obstacle and a solution to the obstacle?

Obstacle Solution

FUNCTIONAL IMPACT OF PAIN

13) Did you miss social events, work, or other appointments this month because of your health?
 Yes No What did you miss and why? _____

14) Indicate the word that describes how, during the past 24 hours, pain has interfered with your:

General activity	<input type="checkbox"/> Not at all	<input type="checkbox"/> Some	<input type="checkbox"/> Often	<input type="checkbox"/> Completely
Mood	<input type="checkbox"/> Not at all	<input type="checkbox"/> Some	<input type="checkbox"/> Often	<input type="checkbox"/> Completely
Ability to work (in or out of home)	<input type="checkbox"/> Not at all	<input type="checkbox"/> Some	<input type="checkbox"/> Often	<input type="checkbox"/> Completely
Interactions with other people	<input type="checkbox"/> Not at all	<input type="checkbox"/> Some	<input type="checkbox"/> Often	<input type="checkbox"/> Completely
Sleep	<input type="checkbox"/> Not at all	<input type="checkbox"/> Some	<input type="checkbox"/> Often	<input type="checkbox"/> Completely
Enjoyment of life	<input type="checkbox"/> Not at all	<input type="checkbox"/> Some	<input type="checkbox"/> Often	<input type="checkbox"/> Completely

15) What did you do for fun or pleasure this month? Or what gave you pleasure this month? _____

16) Have you used any recreational drugs this month? _____

17) How many drinks of alcohol did you drink this week? _____ What kind? _____

18) How many cigarettes did you smoke this week? _____

19) How much caffeine did you drink this past week? _____ What kind? _____

20) How much candy, soda, or other sweets did you eat this past week? _____

21) The following could be medication side effects or from your underlying condition. Are you feeling/experiencing:

Symptom(s): Check box if present	Medication(s) or other condition(s) you think caused it:	How did you deal with it:	Do you want suggestions?
<input type="checkbox"/> Constipation:			<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Difficulty sleeping:			<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Dizzy, dopey:			<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Nausea/vomiting:			<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Difficulty waking in the morning:			<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Loss of libido:			<input type="checkbox"/> Yes <input type="checkbox"/> No

22) Any other physical complaints or questions you'd like your physician to respond to _____

Can this be discussed in group? Yes No *If no, please ask physician if you should make an appointment.*

23) Any feedback or suggestions you would like to share with the staff? _____
