

The Long Mile: Managing Chronic Pain

Session 3

GROUP HANDOUTS

Learning objectives

Session 3:

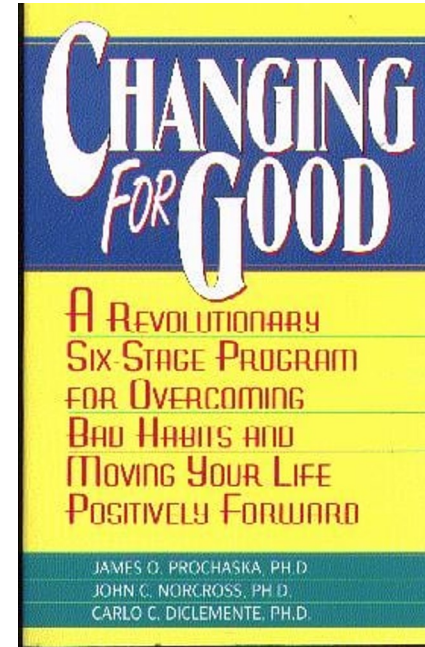
Lifestyle Habits, pacing, moving, stretching and sleeping

- Understanding the stages of change to improve lifestyle habits
- Exercise as a treatment for chronic pain
- Importance of pacing, moving, stretching
- Tips for pacing and resting
- Setting and reaching goals
- Understanding the health benefits of sleep
- Tips for a good sleep

“Changing for Good” - Prochaska, 1994

Stages of change:

- Pre-contemplative - not interested
- Contemplative - starting to think about making a change
- Action - change is made
- Maintenance



Healthy lifestyle habits will improve your health. Even if it doesn't help with your current symptoms (yet), it helps to lower your chances of having other problems such as cardiovascular disease and cancer.

Nutritional habits - last week's challenge

7 day record review

- What foods to eat more?
- What foods to eat less?
- What to avoid?
- Shopping list

Sleep	Breakfast	Lunch	Dinner	Snack	Water
Time in bed					
Up at					
Time in bed					
Up at					
Time in bed					
Up at					
Time in bed					
Up at					
Time in bed					
Up at					
Time in bed					
Up at					

Common habits

- Smoking and vaping (www.quitnow.ca)

Toxins in cigarettes promote inflammation and constrict blood vessels as well as increase the risk of cancer, chronic lung disease and heart disease.

- Alcohol

Depresses brain function, disturbs sleep and causes inflammation in the esophagus, stomach and duodenum. Also increases risk of liver disease and cancer.

- Coffee

Affects the autonomic nervous system and sleep. Stimulant effect may deceive us into expending more energy beyond our energy envelope.

Addictions take our power from us. It is best to free ourselves of all dependencies.

Pacing, moving, stretching

Keep in mind: we have a diversity of abilities and functional levels



Pacing, moving, stretching -

Any exercise program is sustainable if you enjoy it

Benefits of exercise:

- Improves cardio fitness and wellbeing
- Increases endorphins - improves mood, reduces pain
- Reduces risk of heart disease and cancer
- Improves brain health and immunity
- Outdoor activity allows exposure to sunshine and Vit. D production in skin.
- Connection with nature reduces stress
- Part of healthy weight management

Exercise must be carefully paced for those living with ME to avoid crashes



Ambrose, K. R., & Golightly, Y. M. (2015). Physical exercise as non-pharmacological treatment of chronic pain: why and when. *Best practice & research Clinical rheumatology*, 29(1), 120-130.

Pacing tips

- Know your functional and energy limits
- Tune in to your body daily
- Be flexible around flares of symptoms
- Scale back if necessary
- Gently increase to a higher level if and when possible
- Allow for rest time
- Pacing also applies to cognitive and social activities
- Emotional stresses affect energy levels
- Consult a P/T re mobility aids that may help - accept and appreciate their benefits



Stretching

- Make part of routine even during flares
- Stretches out tense muscles
- Improves blood flow in muscles and tendons
- Helps morning stiffness
- Retrains tight muscles to stay relaxed
- Go slow if range is limited
- Be mindful and tune in. Do not push too far.
- Warm water helps
- **Consult a physiotherapist or exercise therapist for a stretching and exercise program appropriate for you**



Yoga

- Excellent for learning how to breathe, stretch and meditate at the same time.
- Start with easy beginners class or gentle restorative yoga.
- Remember it is not a competition.
- **Go at your own pace**
- If you have experience with yoga classes in the past you may be able to practice at home or follow online classes

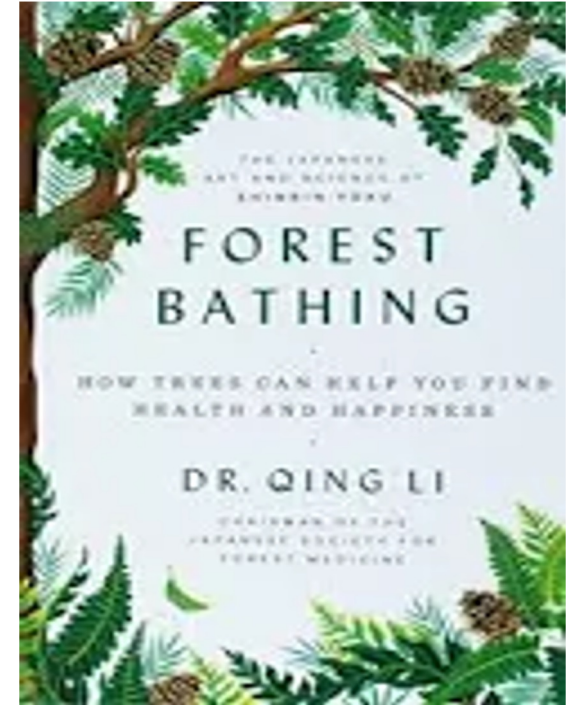


Büssing, Arndt, et al. "Effects of yoga interventions on pain and pain-associated disability: a meta-analysis." *The Journal of Pain* 13.1 (2012): 1-9.

Nature therapy

Nature therapy/forest bathing benefits:

- Reduces stress hormones: cortisol, adrenaline
- Reduces blood pressure and heart rate
- Decreases anxiety, depression
- Increases energy
- Strengthens immune system
- Possible for almost everyone, even those with some limitations in functional level



M. Hansen, R. Jones, K. Tocchini, "Shinrin-Yoku (Forest Bathing) and Nature Therapy: A State-of-the-Art Review", Int J Environ Res Public Health.2017 Aug; 14(8): 851

Set up an exercise and rest schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

You are the manager of your progress

Commitment is key to success

- Be kind
- Be gentle
- Be patient
- Be firm
- Be consistent
- Request support of family and friends
- Buddies, dogs and Nordic sticks are helpful
- If alone and limited in energy explore mindfulness walking meditation



Do not compete with others or let others talk you into doing too much

Beware of motivational fallacies that imply blame on attitude or laziness for lack of attainment such as:

“Just do it” Nike

Others do not understand the invisible disabilities

Set SMART goals

S - Specific

M - Measurable

A - Action oriented

R - Realistic

T - Timely

- Success starts with intention
- See the end result you want and plan your steps to move in that direction.

Note: Goals include the “not doing” or rest time goals, not just the visible accomplishments

Choose your goals

Goals	Obstacles	Solutions	Action Plan	Target Date

Mind-Body practices help

- Promotes relaxation
- Improves blood pressure, anxiety, insomnia, depression
- Supports retraining of our autonomic nervous system to stay in balance
- Improves stress resilience
- Helps our brains to absorb and integrate new knowledge
- **May improve motivation to set and reach goals**

Blankert T, Hamstra MR. Imagining Success: Multiple Achievement Goals and the Effectiveness of Imagery. *Basic Appl Soc Psych*. 2017;39(1):60-67. doi:10.1080/01973533.2016.1255947

Restful Sleep



Many conditions contribute to sleep problems

- Pain from any cause
- Psychological stress
- Sleep apnea
- Pregnancy and new baby
- Environmental factors: noise, light, heat, cold, heat, pets, snoring partners
- Medical conditions such as head injury, asthma, restless legs etc

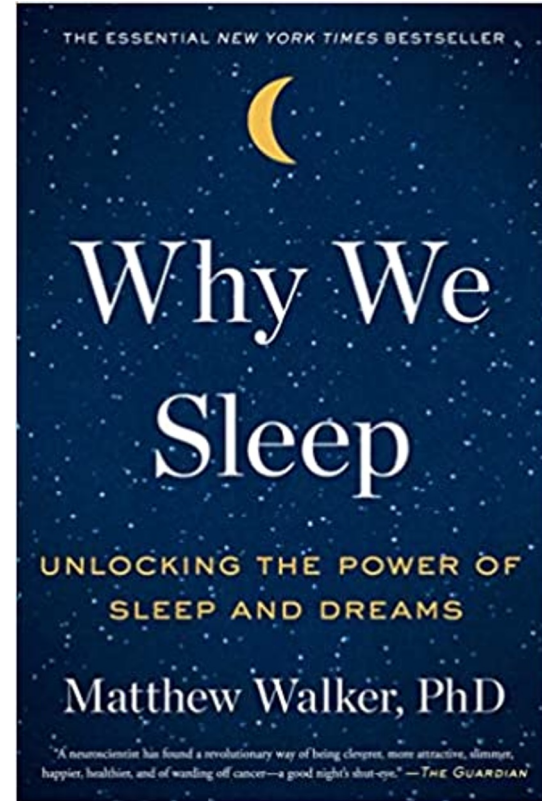


Insomnia may also happen with no known cause

A good book helps

“This book put me to sleep”

Bill Gates



Inadequate sleep affects:

- Heart health
- Brain health - learning, memory, problem solving, creativity, decision-making, dementia
- Mental health
- Emotional well-being
- Immune system
- Life span



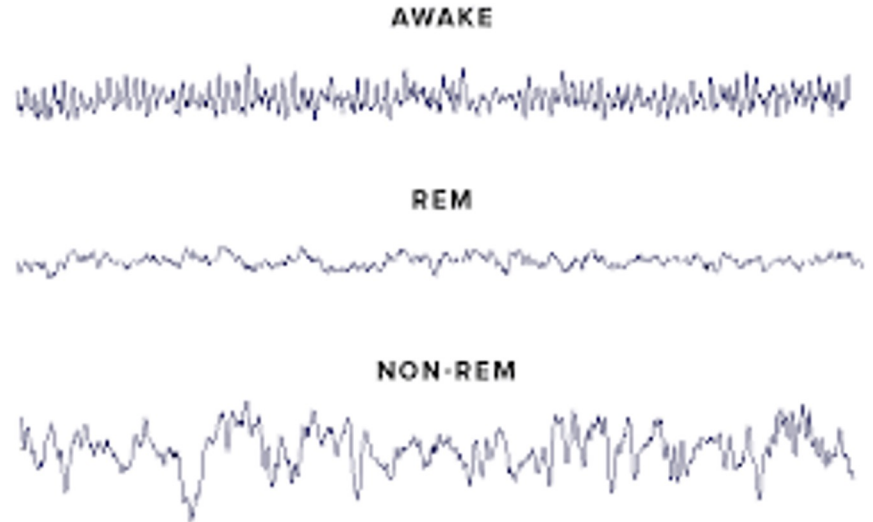
Matthew Walker - director of UC Berkeley's Center for Human Sleep Science

REM sleep

- Affects mood, learning and memory
- Enough REM sleep improves memory recall and consolidation
- Dreams occur during REM sleep - helps brain process emotions

Non REM sleep

- Aids physical recovery
- Deal with stress
- Solve problems
- Helps memory consolidation
- Boosts immune system
- Deep sleep results in feeling well rested in the morning



Matthew Walker, “Why We Sleep”

Melatonin

- Discovered in 1958
- Hormone produced by pineal gland in the brain when it is dark and during sleep
- Adequate sleep ensures melatonin secretion in the brain
- Synchronizes day/night cycles
- Disrupted cycles result in jet-lag
- Production diminishes with age
- Blue light, principally around 460–480 nm, suppresses melatonin biosynthesis



Some benefits of melatonin

- Helps sleep difficulty by reducing time until onset of sleep
- Regulates circadian rhythms
- Reduces jet lag symptoms
- Acts as anti-oxidant especially in mitochondria
- Anti-inflammatory effect helps the immune system
- Reduces lung injury and inflammatory process during viral infections

Silvestri M and Rossi GA. Melatonin: its possible role in the management of viral infections - a brief review. *Ital J Pediatr.* 2013;39:61

Circadian rhythms

- Live with the rhythms of nature
- Dim our lights in the evening
- Avoid blue light on screens at night
- Replace LED bulbs in the bedroom
- Use blackout shades or eye mask
- Watch more sunsets

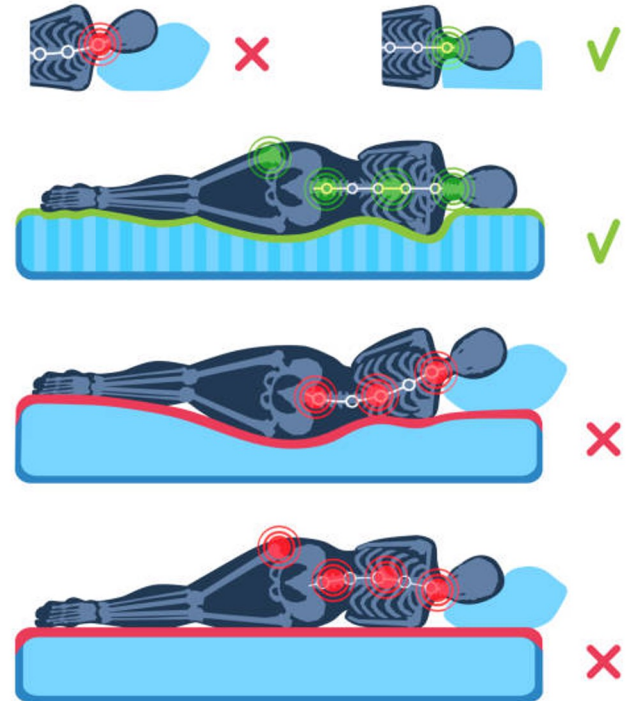


Matthew Walker - 12 Tips for Good Sleep

Sleeping posture makes a difference

Some modifications may help:

- Orthopedic pillow or mattress
- Pillow between the knees to balance hips when side sleeping
- Pillow or roll beneath the knees when sleeping on back
- Recommendations from your P/T may be helpful



Additional tips for a good sleep

- Find a routine and stick to a schedule
- Leave time to unwind
- Take a bath (with Epsom salts)
- Bedroom temperature not too hot or too cold
- Avoid caffeine, nicotine and alcohol
- Avoid heavy meals close to bedtime
- Avoid heavy exercise 2-3 hours before bed
- Get some sun in the mornings
- Check with pharmacist if any of your evening medications might interfere with sleep
- No TV, computers, devices, phones etc. in bedroom
- Avoid lying in bed too long



Sleep worksheet

Sleep promoters

Sleep disturbers

Suggested topics for breakout room discussions

- Share tips on improving lifestyle habits
- Pacing challenges
- Connecting with nature
- Sleep worksheet. Share tips on how to promote sleep

Time to kick back

Relaxation exercise

3. Exercise visualization

(especially for those unable to physically exercise, let your imagination do it for you)

4. Goal setting visualization



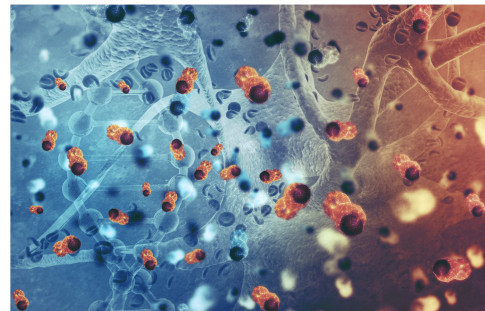
Wellness Group Medical Visits



The Long Mile: Managing Chronic Pain

Dr. Teresa Clarke

This 10-week series will help you on your chronic pain journey. You will learn how to promote healing through integrative approaches and optimize your physical and mental well-being.



Immune Health & How to Optimize Your Immunity

Dr. Teresa Clarke

In this session, you will learn integrative health approaches to promoting immune health. These approaches can be added to public health recommendations to reduce your risk of serious viral illness.



Acupressure for Chronic Illnesses

Dr. Teresa Clarke

In this series of three workshops, you will learn how Acupressure can be utilized in a self-treatment approach to improve wellbeing and symptom management in patients with chronic illnesses.



Osteopathy & Chronic Conditions

Fabio Bocchetti

In this series of four workshops, you will learn how Osteopathy can explain and treat several types of headaches, low back pain, knees or hip pain as well as digestive issues.

[REGISTER NOW](#)

Ask the Expert Cannabis Series

101: Cannabis Counselling & Treatment Plans

By participating you will learn about:

- The endocannabinoid system
- The differences between cannabinoids (THC & CBD)
- Routes of administration (oral oil & vaporization)
- Symptom management using cannabis
- Customized treatment plans
- How to dose your cannabis safely
- How to monitor for symptom improvements
- Potential side effects
- Drug interactions
- Supply options through a Health Canada licensed seller
- Cost of medication & discount programs available
- Extended health benefits & claiming as a medical expense
- Driving & travelling
- How to store your medication

201: Inhaled Cannabis; Dried Flower, Vape Pens & Extracts

By participating you will learn about:

- The difference between smoking & vaporization
- Is vaporization safe?
- When to consider using vaporized cannabis for symptom management
- Finding the right temperature for optimal benefit
- Types & cost of vaporizers
- Choosing the best strain to vaporize (sativa, indica, hybrids)
- How to determine your optimal dose & monitoring effects
- Taking proper care of your vaporizer
- Where am I allowed to vaporize my cannabis?
- Safe storage of vaporizer & cannabis
- Driving & travelling
- Inhaled extracts

301: Cannabis Edibles, Oral Preparations & Topicals

By participating you will learn about:

- The difference between medical & recreational cannabis
- Edibles (mints, baked goods, snacks, candy, chocolates, teas & other beverages)
- Tinctures & sprays
- Creams, salves & liniments
- Differences between onset of actions for various routes of administration
- Risks & side effects
- Choosing a product that is right for you
- Dosing of extracts and edibles; the basics
- Driving & travelling
- How to determine your optimal dose & monitoring effects

REGISTER NOW

Post Group Resources



Facebook Group

[JOIN HERE](#)



Resources

[LEARNING CENTRE](#)

[DR. MACCALLUM](#)



Follow Us



[@greenleafmed](#)



[@greenleafmedicalclinic](#)



Contact Us



[1-877-513-4769](tel:1-877-513-4769)



info@greenleafmc.ca



Customer Support

For immediate assistance use the live chat support on our website.

[VISIT WEBSITE](#)