

Pain Management Programme

Goal Setting, Values and Pacing

How is goal setting beneficial to pain management?

It can help you feel more in control of what you are doing. It helps you to plan what and how much you can do, and it helps you to focus on things that are important to you.

You must ask yourself what you want to achieve? What are your expectations? What would you like to do that you are unable to do at present? What would make a difference to your quality of life?

What is the difference between Values and Goals?

<u>Values</u>	<u>Goals</u>
Tend to be consistent.	Are specific.
Connect us to a purpose in life.	Can change over time and circumstance.
Help us differentiate what is important/unimportant to us.	Related to self-esteem and quality of life when linked to values.

How to set value-based goals?

- Identify guiding values (questionnaires can help).
- Identify any guiding values where you do not currently have related activities or goals.
- Identify a goal related to one or more of these values.
- Identify benefits and potential obstacles to achieving goal. Address obstacles/modify goal as needed.
- Make this goal SMART.
- Make a commitment.

SMART GOALS

**Specific
Measurable
Achievable
Rewarding
Time-limited**

	Pros	Cons
Short-term		
Long-term		

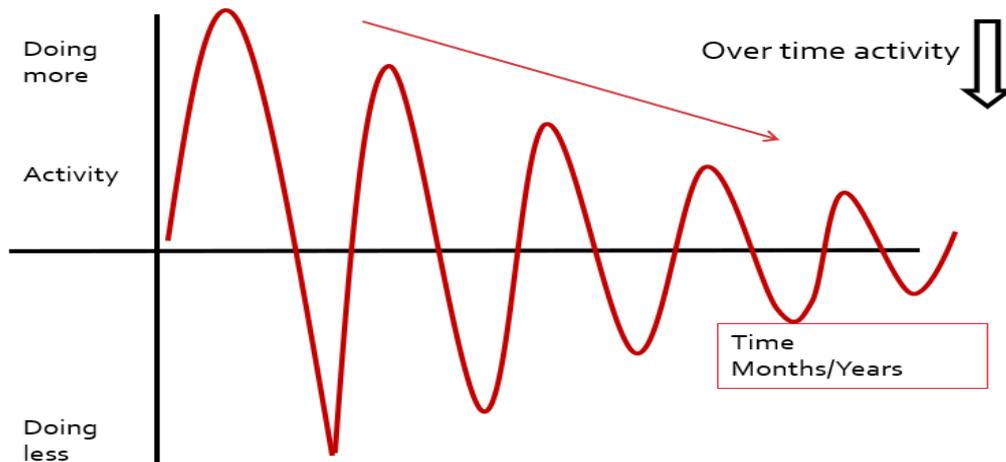
Pacing

Most people tend to base what they do on how they feel. People in pain tend to do more when the pain is reduced and overdo things. As pain increases, there is a decrease in activity. Do you do more on good days and less on bad?

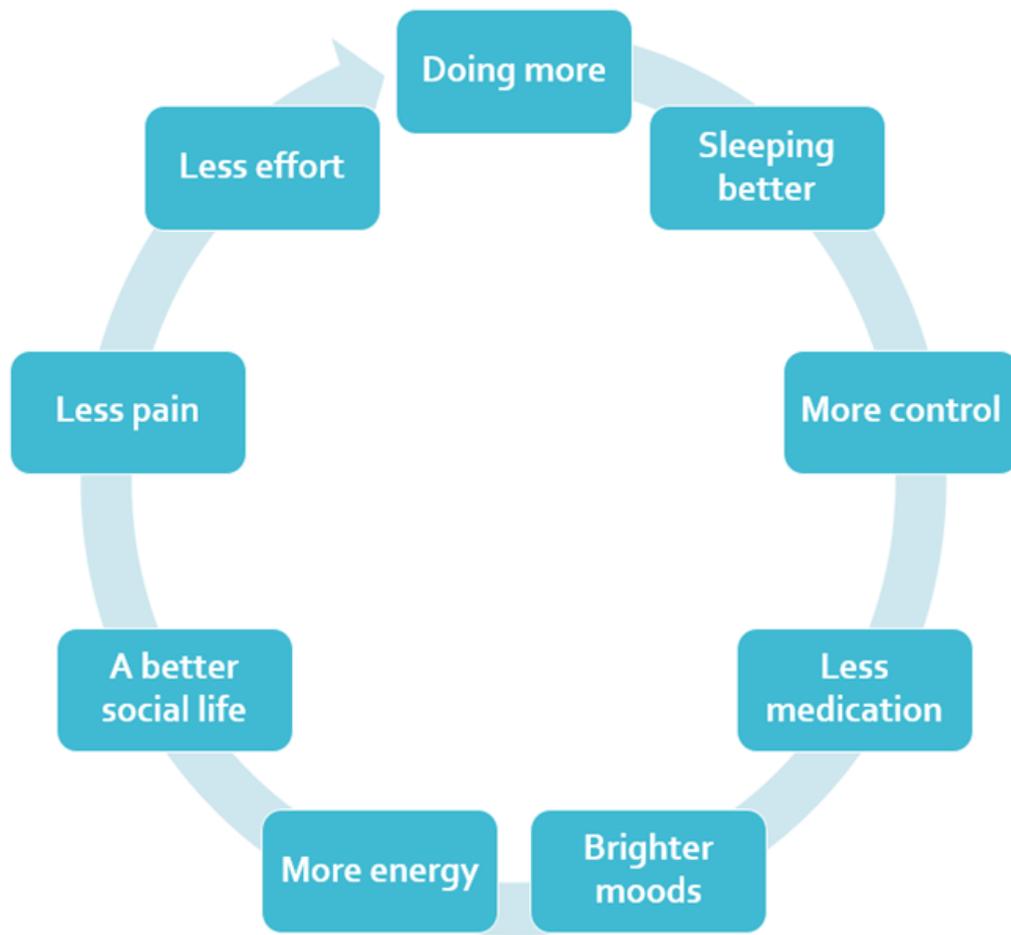
Do you try to do more in one go than you must?

Do you try to push through the task to complete?

- Pacing is a strategy to modify activities in patients with chronic pain and fatigue.
- Pacing is a crucial skill to help break the boom-and-bust cycle.
- It is the art of learning your limits.
- Take things a step at a time.
- Try to stay within your limits.
- Keep to the same amount of activity.
- Requires patience and practice.



Positive changes reported by people who learnt to pace.



My daily pacing plan

Use this in conjunction with *Pacing – a really useful skill for people with pain*, from *Live Well with Pain*



Activity	On a good day	On a bad day	On an average day	Number of times per day	Effort scale level (0-10)
Standing and cooking	10 mins	5 mins	7 mins	5	6
Lying down for a rest	15 mins	60 mins	25 mins	2	1
Walking	5 mins	2 mins	3 mins	3	5-7

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Pacing Tips

Here are some useful tips to help you with pacing.

My activity diary

Use this in conjunction with Pacing - a really useful skill for people with pain, from Live Well with Pain



Time	Activity	How many minutes did you do?
8am	Shower Get dressed Made me and Anne some breakfast	10 5 20
9am	Washed the dishes and tidied the kitchen	25
10am	Sat with Anne, had a coffee and a chat Sat in kitchen and wrote a shopping list	45 15

Figure out your baseline.

Give pacing a go and start with a pacing plan and reward yourself for achieving a helpful habit for life. Some questions you might ask to help you build your Daily Pacing Plan are:

A: What Activities can I pace today?

B: How long before I take a Break?

C: Check what is the effort level on an Effort Scale



Use an effort scale.

An effort scale is a good way to check whether an activity you are planning to do is likely to be too much effort (leading to overactive pacing), too little effort (underactive pacing) or just right.

Decide the effort level of the activity you are planning to do.

Aim for an effort level of between 4-7 on the scale.

It might mean altering your plans to do a little more or a little less to make certain the balance is right for you.

A low effort level means that things may not get done or they will take ages, and you may get frustrated due to lack of progress. Too much effort and you may crash out with a setback again.

It's rather like checking a temperature in an oven. Too little heat, the dish is undercooked; too much heat, and the dish burns. An effort scale guides the balance of your activity to prevent a pacing disaster.

The Three P's

Plan – plan your daily or weekly tasks.

Pace – take your time.

Prioritise – decide which tasks are the most important to you.

Replace the words 'must' and 'should' with 'could'.

Replace the words 'must' and 'should' with 'could'. For example, instead of thinking 'I must get it all done today', try kinder thoughts such as: 'I could choose to pace, and do it in stages over two or more days.'

Watch for the unrealistic 'all or nothing' thinking styles as they are rarely helpful. It is not giving in to do it in a paced way!

- Decide which tasks must be done and which you find the most difficult.
- Spread these tasks out across the week and plan breaks between these tasks.
- Include some activities you choose to do or enjoy and things you must do.
- Give yourself achievable goals to work towards (daily or weekly).
- If you know you always feel tired at certain times of the day, try not to do tasks at these times.
- Don't expect to be able to do everything at once or at the same pace you used to do – be patient.
- Split tasks into smaller tasks and spread them out throughout the day.
- Take regular breaks so that you have more energy for the next task.
- Try to do a mix of important tasks and things you enjoy.
- Think about tasks you need and choose to do and prioritise them over tasks you feel you should do.



Boom-and-Bust Cycle

The boom-and-bust cycle describes a behaviour pattern people in chronic pain often follow.

Boom: Increased activity or pushing through pain, often driven by a desire to achieve goals or feel productive.

Bust: Reduced activity or rest due to increased pain, fatigue, or discomfort.

Cycle: The boom-and-bust cycle can repeat itself, perpetuating chronic pain and fatigue.

Consequences of the Boom-and-Bust Cycle:

Prolonged pain: The boom-and-bust cycle can maintain or even increase chronic pain levels.

Fatigue: The cycle can lead to exhaustion, as individuals may not allow themselves adequate rest and recovery time.

Demoralization: The repeated cycle of boom and bust can lead to feelings of hopelessness, frustration, and demoralization.

Impact on daily life: The boom-and-bust cycle can affect daily activities, relationships, and overall well-being.

Multi-faceted

Pacing is a multifaceted coping strategy, including broad themes of not only adjusting activities, but also planning activities, having consistent activity levels, acceptance of current abilities and gradually increasing activities, and one that includes goal setting as a key facet.



**This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg**