

MAKE A LIST

Make a list of everything that increases your sensitivity to pain and everything that decreases your sensitivity to pain.

Examples of things that increase your sensitivity could be physical: like standing in place for long periods, walking, reaching to the ground or reaching overhead. Other examples are more related to social factors like negative interactions with a co-worker or mental factors like feeling anxious or depressed.

There may be physical, mental or social activities that decrease your sensitivity to pain. For example, a hot bath or stretching and gentle movement may ease your discomfort. Positive interactions and pleasant social activities with friends could also be helpful in reducing painful symptoms.

Enter any factors that you notice increase or decrease your sensitivity to pain in the table below

Increases Sensitivity	Decreases Sensitivity

Once you've identified which activities or interactions increase or decrease your sensitivity to pain, make note which ones have the greatest impact on your symptoms. Work with your care team to create a plan to manage your pain.