

JOURNALING

can be a very helpful tool for dealing with both acute and chronic pain. Tracking pain levels, finding triggers, and seeing patterns over time can help you better manage your pain and communication with healthcare providers.

WHY TAKE THE TIME TO WRITE ABOUT YOUR PAIN EXPERIENCE?



Track Patterns & Trends

Journaling captures how frequent and intense your pain is, helping you to notice patterns or triggers for better treatment.

Process a Flare-Up

Writing about your pain can be healing, by giving you insights into how you feel and improve coping strategies.

Effective Communication with Your Care Team

Keeping a pain journal helps you share information with your doctors. It shows them you're working towards getting better and can help you improve in how your pain is managed.

GETTING STARTED

- **Create a Comfortable Space:** Find a quiet spot where you can relax and focus on your journaling without interruptions.
- **Be Honest and Detailed:** Write openly about your pain levels, triggers, and emotions. The more detailed your entries, the more useful your journal will be.
- **Use the Included Worksheet:** Start with the journal worksheet enclosed. It will guide you on what to track, such as pain level, triggers, and actions taken to manage pain.
- **Ask for Help:** Ask your coach or healthcare provider for guidance on how to use your journal to manage your pain.