

My Health Plan

Name: _____

Date: _____

Review Date: _____

What is important to me? _____

Goal: *(If you were managing your pain better what would you like to achieve in the next 6 months?)* _____

How can I start working on this today? _____

Who can help me stay on track? _____

How will I monitor my progress? _____

	What are my issues?	What will I do?
Physical Activity	<i>E.g. Too much time sitting</i>	<i>E.g. Start a daily walk while keeping comfortable</i>
Lifestyle and Nutrition	<i>E.g. Low fruit and vegies</i>	<i>E.g. Eat 2 fruit & 5 vegie serves/day</i>
Medications	<i>E.g. Side effects of medication</i>	<i>E.g. Read information on my medication</i>
Thoughts and feelings	<i>E.g. Feeling stressed and worried</i>	<i>E.g. Read information on depression and anxiety</i>
Sleep	<i>E.g. Poor sleep patterns</i>	<i>E.g. Start relaxation exercises at home</i>

	What are my issues?	What will I do?
Flare up management	<i>E.g. Unsure of what to do with a flare up</i>	<i>E.g. My Strategies are to take a stretch break regularly</i>
Other Issues	<i>E.g. Not getting out much</i>	<i>E.g. Find a community activity</i>

Quick Tips:

- Check links on ACI websites resources section and at end of each consumer video
- Speak to a health professional about strategies to better manage your pain, e.g. GP, Specialist, Physiotherapist, Occupational Therapist, Psychologist, Social Worker, Nurse or other
- Try tips for getting better sleep (e.g. no coffee after 3pm, same bedtime each night, use relaxation technique to sleep)
- Try relaxation techniques when you feel anxious about your pain
- Keep a food diary as food and fluid intake can affect your mood as well as your weight
- Try to add gentle exercise to your day
- Reduce or quit smoking - try patches or other techniques with support?
- Safe alcohol use – consider recording how much alcohol you drink each day is useful
- Consider using a pain diary to track your daily pain, medication usage and activities for a week – you may notice patterns that could help you to develop strategies to reduce the distress from your pain