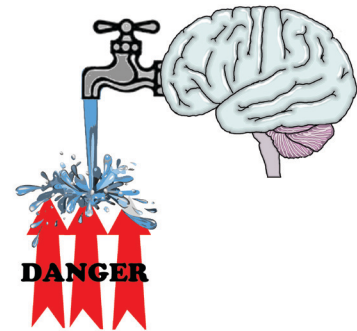


Homework 5.1

Calming Nerves: Questions

People who know more about their pain and how it works experience less pain. This allows the brain to produce a variety of pain medicine, helping you get better. The more you know, the better off you will be. Think about everything you learned about pain today. Write down any questions you may have so we can discuss them next time. This ongoing learning is key to your recovery.

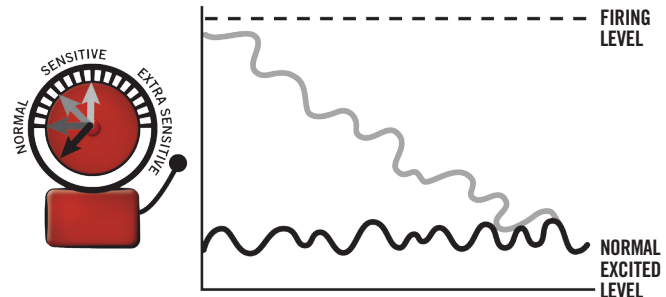
- 1.
- 2.
- 3.
- 4.
- 5.



Homework 5.2

Calming Nerves: Calming Nerves Down

A large part of your pain may be due to an extra-sensitive alarm system. Think of five ways you can help calm your extra-sensitive alarm system. What small things can you do, starting immediately, to help calm your nerves? You've already started number 1!



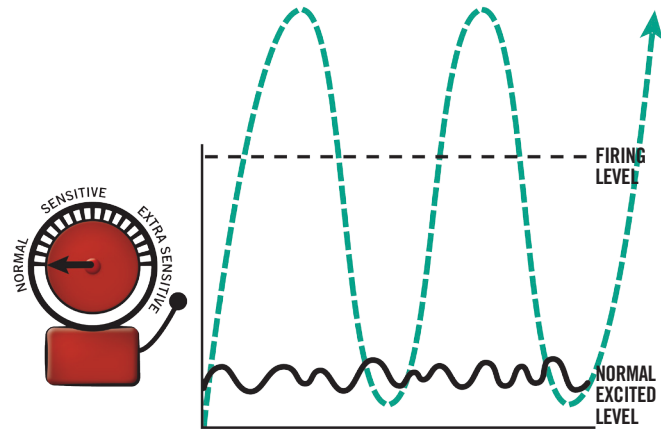
1. Learn more about how pain works.
- 2.
- 3.
- 4.
- 5.

Homework 5.3

Calming Nerves: Hard-Crash Cycles

Do you recognize this pattern? Go hard, get everything done and then...crash. Lay low for a little while and go again? Think of any tasks you do (housework, computer, sitting, driving, etc.) or exercises that follow this pattern. Write them down. Then think of ways you can break these activities and exercises into smaller pieces.

- 1.
- 2.
- 3.
- 4.
- 5.

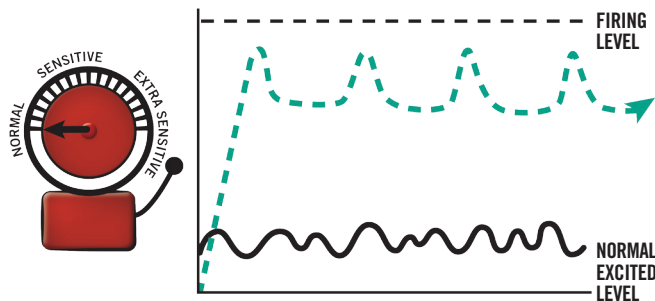


Homework 5.4

Calming Nerves: Fear of Pain

Have you noticed any tasks or exercises that you're afraid to do? You do a little, but back off as soon as you experience pain. Use this card to write them down.

- 1.
- 2.
- 3.



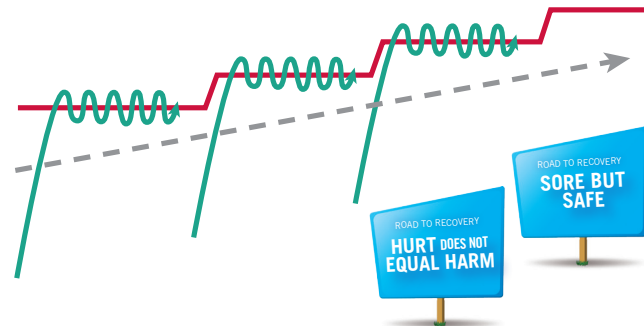
Reflect on the fact that the pain you experience is just due to an extra-sensitive alarm system and not necessarily signaling an injury. Now, prepare yourself to do a little more every day on your way to recovery.

Homework 5.5

Calming Nerves: Pacing and Graded Exposure

Think of a task you'd like to do or need to do.
Write it down.

Task:



Think of a small piece of the task that's achievable. Start small. See yourself doing that part and only that part. As you get healthier and understand more about your pain, increase the task a little bit. Over a period of time, increase the task a little more and then a little more. Eventually, see yourself completing the task, just as you imagined.

Homework 5.6

Calming Nerves: Sleep Hygiene

Below is a list of strategies to help you develop a healthy sleeping pattern. Choose one every day, and over time you will see the benefit. Use this as your sleep checklist:

- ☐ Set a time to go to bed—before 11pm.
- ☐ Quiet the house by turning off the computer and the TV.
- ☐ Reduce fluid intake in the evening.
- ☐ Reduce alcoholic beverages in the late evening.
- ☐ Darken and cool the bedroom.
- ☐ Remove kids and pets from your bed (no bed buddies).
- ☐ Park your ideas. Place a notepad and pen next to your bed.
- ☐ Relax, meditate or read a book before bed.
- ☐ Avoid checking e-mails or messages before bed.
- ☐ Stay in bed. If you cannot sleep, close your eyes and relax.
- ☐ Set a wake time, and stay in bed until then.
- ☐ Eliminate naps. If naps are needed, limit them to power naps of fewer than 20 minutes.
- ☐ Avoid caffeine in the late afternoons or evenings.
- ☐ Exercise during the day.

Homework 5.7

Calming Nerves: Develop an Exercise Program

Most people who don't exercise just don't have a plan. Research shows that 90 percent of exercise is setting a plan in place. Follow the sequence below to start:

- Measure your current resting heart rate. Find your pulse on your wrist or neck, and count the beats for 10 seconds. Multiply by six. Your resting heart rate is: _____. Remember that you only need to get your heart rate up to 100-105 beats/minute, so it won't take much to get there.
- Choose your exercise. Make it something easily accessible, such as walking. If walking is not an option, substitute with biking or swimming.
 - ☐ Walking ☐ Biking ☐ Swimming
 - ☐ Other _____
- Choose the days of the week you'll be doing the exercise. We suggest five days a week, with two days off. Best to schedule a few days of exercise, a rest day, a few more days of exercise and then a day off. Schedule around your work and daily and family tasks to avoid undue stress.
 - ☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday
 - ☐ Friday ☐ Saturday ☐ Sunday
- Pick a time of day you'll do the exercise. The time can be different on different days. Write it next to the days you will exercise.
- Let people know your plan. You can share this with a spouse, a friend, a work colleague or a family member. Better yet, ask them to join you.
- Start small. If you have not done much exercise lately, do as little as three to five minutes to get started. Remember, you are very sore and sensitive. Take it slow, but get going. Every two to three days, add a minute. The goal is to reach 20-30 minutes of exercise, five days a week.
- Log your progress. Write down the date, time, duration and something positive that happened in your day. Log your sleep hours as well.

Homework 5.8

Calming Nerves: Logbook

Date	Sleep hours	Exercise	What was good today	Relaxation/Breathing?

Homework 5.9

Calming Nerves: Breathing

Breathing properly helps ease your pain, gets more blood and oxygen to your sensitive nerves and calms you down. Use the following strategies to help you breathe better:



- Try to perform this exercise during a quiet time—time for yourself.
- Lie on your back on a flat surface or in bed with your knees bent and your head supported. You can use a pillow under your knees to support your legs. Place one hand on your upper chest and the other just below your rib cage on your belly. This will allow you to feel your diaphragm move as you breathe.
- Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.
- Relax and let your stomach muscles go down as you exhale through your lips. The hand on your upper chest must remain as still as possible.
- Learn to do this while lying down. As you get better, you can do it while sitting, standing, etc.