

CREATING PAIN TOLERANCE

The intent of this form is to provide you with solutions for pain management when you are experiencing pain at yellow or red. Use this form to plan what activities you will use, and to monitor your temperatures and what activities work best for you. Keep this form in a place where you can access it easily when you have pain.

GOING FROM YELLOW TO GREEN

Regulate breathing by doing breathing activity: _____

Mindfulness activity that uses all 5 senses: _____

Progressive Relaxation: _____

Guided Imagery Audio: _____

Listen to a song/music I love (and sing along): _____

Dance to a song I love: _____

Move my body: _____

Watch a funny video: _____

Hug someone I love; pet an animal I love: _____

Read inspirational quotes/stories: _____

Do something creative: _____

Be in nature/sunshine (using all 5 senses): _____

Visualize calming activity or favorite place: _____

Calming mantra: _____

GOING FROM RED TO YELLOW OR GREEN

Visualize or look at picture of a person I love: _____

Visualize a really happy memory: _____

Hold an object that I really love: _____

Visualize a memory of a positive change or moment when I was extremely proud of myself:

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Monitoring Activity: Download the Mindfulness Bell App on your phone (or just use the alarm clock feature) and set it for every 2-4 hours while you are awake. When the alarm goes off, take your "temperature." If you are yellow, use an activity from your yellow card to get back to green. If you are red, use an activity from your red card to get back to yellow or green. Document the results below.

Date/Time	Color/Temperature	Type of Pain	Activity Chosen	Effectiveness of Activity