

Taking Command of Your Pain

The intention of this calendar is to support you in keeping track of the days you are to do each activity and to be able to check them off as you go! Simply fill in the date for each activity and put a check mark or highlight completed ones when you have finished!

Day 1:	Day 2:	Day 3:	Day 4:	Day 5:	Day 6:	Day 7:
Objectives & Preparing for Success	Understanding Pain	Pain as a Habit	Current Pain Management Assessment	SEE Your Pain Story	SEE Your Pain Story	SEE You Pain – Body, Mind, Heart, and Spirit
Day 8:	Day 9:	Day 10:	Day 11:	Day 12:	Day 13:	Day 14:
Creating Pain Tolerance	Creating Pain Tolerance through Mindfulness	Practicing Mindfulness to Create Pain Tolerance	Creating Pain Tolerance Through Progressive Muscle Relaxation	Practicing Progressive Relaxation to Create Pain Tolerance	Practicing Progressive Relaxation to Create Pain Tolerance	Practicing SEEing your Pain and Creating Pain Tolerance
Day 15:	Day 16:	Day 17:	Day 18:	Day 19:	Day 20:	Day 21:
Creating Pain Tolerance through Autogenic Relaxation	Practicing Autogenic Relaxation for Creating Pain Tolerance	Practicing Autogenic Relaxation for Creating Pain Tolerance	Creating Pain Tolerance through Diaphragmatic Breathing	Practicing Diaphragmatic Breathing for Creating Pain Tolerance	Practicing Diaphragmatic Breathing for Creating Pain Tolerance	Creating Pain Tolerance through Acceptance
Day 22:	Day 23:	Day 24:	Day 25:	Day 26:	Day 27:	Day 28:
Practicing Acceptance to Create Pain Tolerance	Creating Pain Tolerance through Physical Activity	Practicing Mindful Physical Activity to Create Pain Tolerance	Create your Tribe for Crating Pain Tolerance	Creating Pain Tolerance, Putting it all together!	Living My Commitment to Wellness	Living the Alternatives – Monitor & Get Real