



<https://www.nhshighland.scot.nhs.uk/Services/Pages/ChronicPainManagement.aspx>

Chronic Pain Management - NHS Highland

Persistent Pain has a considerable impact on the quality of life for many people in Scotland. Approximately 800,000 people across Scotland are affected by persistent pain to varying degrees, and it can result in significant suffering for both those directly affected and those close to them.

www.nhshighland.scot.nhs.uk



Issue 1	Date of issue: Dec 20	Date of Review: Dec 23
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Problem.....

Solving

Week 3

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Think of your own problems and work through using same method. .

Possible Solution

- Advantages
- Disadvantages

Another Possible Solution

- Advantages
- Disadvantages

Another Possible Solution

- Advantages
- Disadvantages

Which one would you choose?

Think of your own problems and work through using same method. .

Possible Solution

- Advantages
- Disadvantages

Another Possible Solution

- Advantages
- Disadvantages

Another Possible Solution

- Advantages
- Disadvantages

Which one would you choose?



Obstacles to making lifestyle changes...



Have you had some thoughts about the lifestyle changes that you would like to make? e.g. become more active, socialise more, improve mood, lose weight, walk more, meet with friends, do a hobbies more...



Think of something small that you have been struggling with.

Can you think of any obstacles that might get in the way of doing this?



Problem Solving Example:

Our example –

My whole family come to me for Sunday lunch and I'm struggling afterwards with extreme pain..

What are the options?

1. One possible solution - Don't Bother

- **Advantages** - save money, less pain
- **Disadvantages** - you lose touch with them, they stop asking you to join them, more isolated, lonely, depressed.

2. Another possible solution - Still do it but provide a take away

- **Advantages** - You keep in touch, less washing up, no preparation
- **Disadvantages** - Not all might like a take away.

3. Another possible solution - Get everyone to bring something

- **Advantages** - You keep in touch, less preparation, work shared around
- **Disadvantages** - Loss of control, people might not all be able to contribute

Which solution would you pick?

Are there other options that could be considered?

Think of your own problems and work through using same problem solving method at home..

Possible Solution

Advantages

Disadvantages

Another Possible Solution

Advantages

Disadvantages

Another Possible Solution

Advantages

Disadvantages

Which one would you choose?

I'm struggling to pace myself and on good days overdo things and make myself sore afterwards..

Possible Solution

- Advantages
- Disadvantages

Another Possible Solution

- Advantages
- Disadvantages

Another Possible Solution

- Advantages
- Disadvantages

Which one would you choose?



Now your turn.....:

... work through these examples to problem solve through these.

I'm losing touch with my friends as I'm struggling to go on a night out due to pain..

Possible Solution

- Advantages
- Disadvantages

Another Possible Solution

- Advantages
- Disadvantages

Another Possible Solution

- Advantages
- Disadvantages

Which one would you choose?

I'm finding it difficult to find time to practice relaxation and not be interrupted . .

Possible Solution

- Advantages
- Disadvantages

Another Possible Solution

- Advantages
- Disadvantages

Another Possible Solution

- Advantages
- Disadvantages

Which one would you choose?

I don't have the motivation to increase my activity levels . .

Possible Solution

- Advantages
- Disadvantages

Another Possible Solution

- Advantages
- Disadvantages

Another Possible Solution

- Advantages
- Disadvantages

Which one would you choose?