

STRESS AND PAIN MANAGEMENT

HOPE FOR RENEWED LIFE

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ASSESSMENT TOOLS AND JOURNALS

HOW IS YOUR STRESS?

Stress is unavoidable. Some is positive and some is negative. But too much stress is harmful. This scale measures stress in terms of 43 life events. Check the following events that apply to you in the past 12 months. Then add up the total values.

Event	Value	Your Score	Event	Value	Your Score
1 Death of spouse	100		2 Son or daughter leaving home	29	
2 Divorce	73		3 Trouble with in-laws	29	
3 Marital separation	65		4 Outstanding personal achievement	28	
4 You or your spouse serve a jail term	63		5 Spouse begins or stops work	26	
5 Death of close family member	63		6 Starting or finishing school	26	
6 Personal injury or illness	53		7 Change in living conditions	25	
7 Marriage	50		8 Revision of personal habits	24	
8 Fired from work	47		9 Trouble with boss	23	
9 Marital reconciliation	45		0 Change in work hours or conditions	20	
1 Retirement	45		1 Change in residence	20	
0 Change in family member's health	45		2 Change in schools	20	
1 Pregnancy	40		3 Change in recreational habits	19	
2 Sex difficulties	39		4 Change in church activities	19	
3 Addition to family	39		5 Change in social activities	18	
4 Business readjustment	39		6 Mortgage or loan under \$10,000	17	
5 Change in financial status	38		7 Change in sleeping habits	16	
6 Death of close friend	37		8 Change in number of family gatherings	15	
7 Change to different line of work	36		9 Change in eating habits	13	
8 Change in number of marital arguments	35		0 Vacation	13	
9 Mortgage or loan over \$10,000	31		1 Christmas season	12	
0 Foreclosure of mortgage or loan	30		2 Minor violation of the law	11	
1 Change in work responsibilities	29		3		
2			TOTAL		

Total Score =

Less than 150:

150 - 300:

300 or more:

% Chance of becoming ill in the next 2 years:

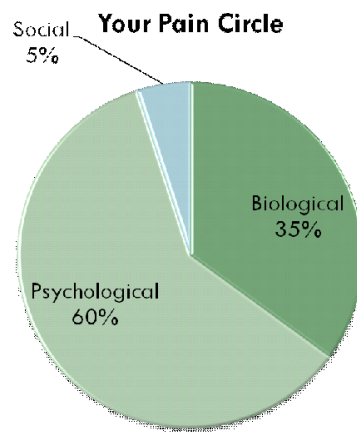
37%

51%

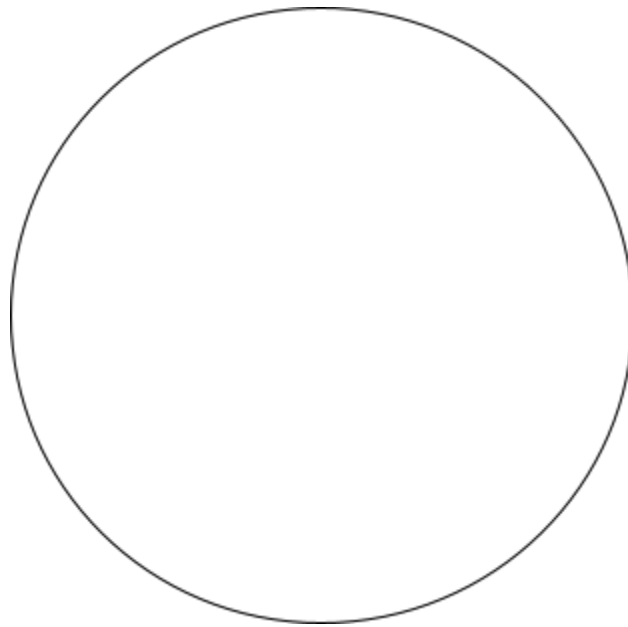
80%

Developed by Dr. Thomas H. Holmes & Dr. Richard H. Rahe at the University of Washington Medical School

Pain Circle

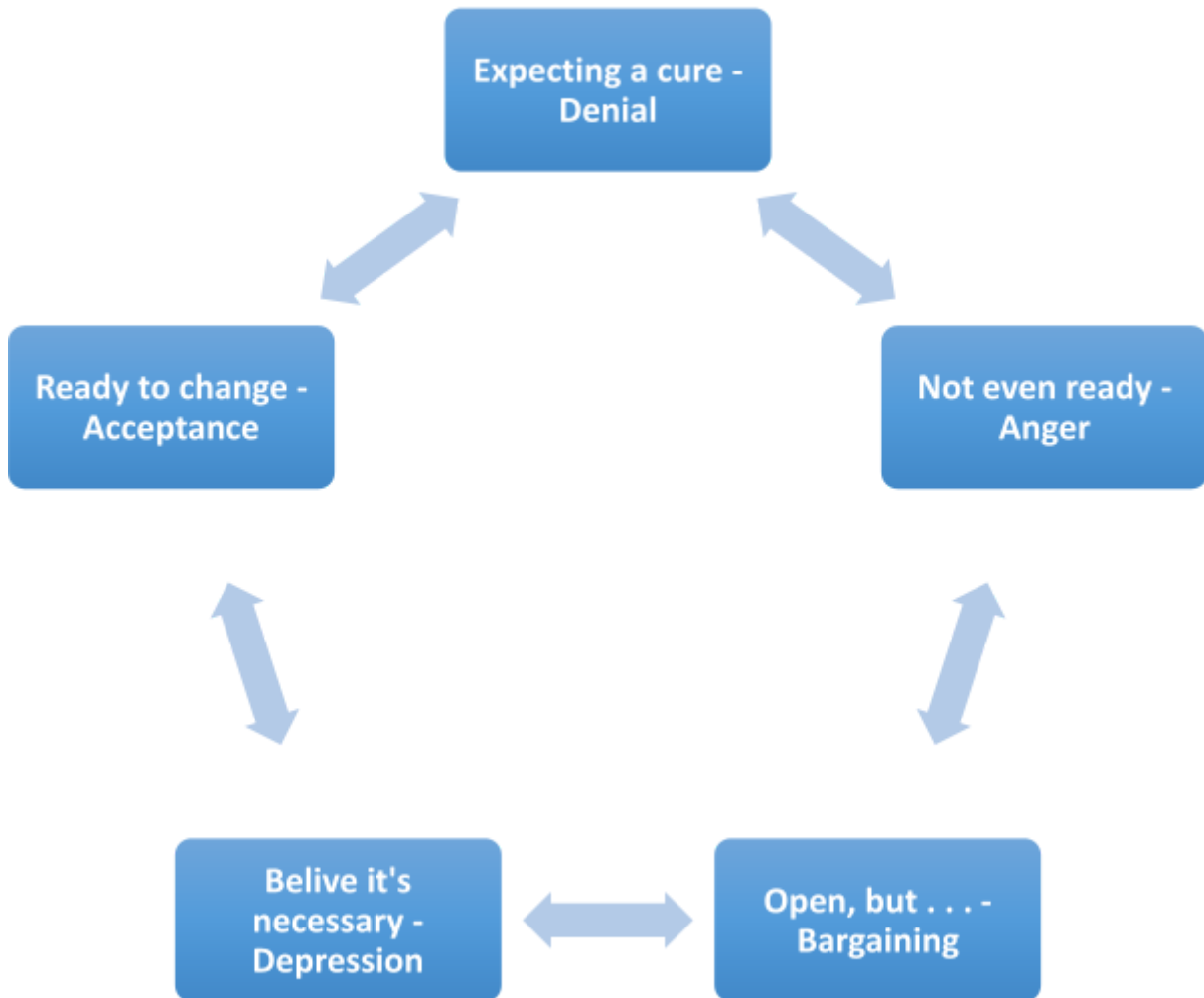


What does your pain circle look like? Fill in the circle with the percentages of your life affected by each area.



- _____ % Biological
- _____ % Psychological
- _____ % Social

THE CHANGE/GRIEF CYCLE



Where are you now? _____

Where have you been? _____

Where do you want to be? _____

ASSESSMENT

On a scale of 1 to 10, 1 being no symptom, 10 being the worst imaginable, rate the following each day:

	Before	After
What is your present pain level?		
What is your present muscle tension?		
How irritable do you feel?		
How sad or depressed do you feel?		
How worried or anxious do you feel?		
How angry do you feel?		

SLEEP

Do you have trouble falling asleep? _____

Does it take more than 10-15 minutes to fall asleep? _____

Do you go to bed at different times each night? _____

Do you have interruptions in your sleep? _____

Do you have trouble staying asleep? _____

Do you wake up early & have trouble going back to sleep? _____

Do you have nightmares that wake you up? _____

Do you sleep more or less than normal? _____

Do you wake up feeling tired & not rested? _____

ALTERATION OF SOCIAL ACTIVITIES

I = Independently performs **NH** = Needs help to complete
A = Avoids (**recreational**) **E** = Engages in **W** = Watches

	Before Treatment Date:	Treatment Goal
Socializing	Family: ☐ monthly ☐ weekly ☐ daily Friends: ☐ monthly ☐ weekly ☐ daily	Family: ☐ monthly ☐ weekly ☐ daily Friends: ☐ monthly ☐ weekly ☐ daily

	Before Treatment Date:	Treatment Goal
Recreational/Hobby	___ Play sports ___ Fish, camp, hike ___ Dance, go to parties ___ Sew, arts & crafts ___ Woodworking, constructing . . .	___ Play sports ___ Fish, camp, hike ___ Dance, go to parties ___ Sew, arts & crafts ___ Woodworking, constructing . . .

JOURNALS

On a scale of 1 to 10, 1 being no symptom, 10 being the worst imaginable, rate the following each day:

Day	1	2	3	4	5	6	7
What is your present pain level?							
What is your present muscle tension?							
How irritable do you feel?							
How sad or depressed do you feel?							
How worried or anxious do you feel?							
How angry do you feel?							
How intense are suicidal thoughts?							

SLEEP

Day	1	2	3	4	5	6	7
Time went to bed?							
How many minutes to get to sleep?							
Time got up and out of bed?							
Number of sleep interruptions?							
Total hours slept?							
Total time in bed?							
How rested when woke up? 1-10							
Sleep medications used?							

SOCIAL ACTIVITIES UPDATE

I = Independently performs
(recreational) **E** = Engages in

NH = Needs help to complete
W = Watches

A = Avoids

NEGATIVE THOUGHTS

RESULTING EMOTIONS

THE TRUTH FROM THE BIBLE

HOW THE TRUTH MAKES YOU FEEL

- I *reject* the lie that _____.
I command you to leave in the name of Jesus Christ, my Lord and Savior.
- Lord, I declare your truth that _____.
- Tear up the lies, carry the truths with you.

ASSERTIVENESS PRACTICE

What is the problem? _____

Who is involved? _____

How does it make you feel? _____

What do you want? _____

How would you normally handle the problem? _____

What would happen if you gave an assertive response? _____

Using "I" statements, write out the request simply, without accusation or embellishment.

VOCATIONAL PLAN

Work History (most recent first)

1.

2.

3.

Transferrable Skills/Interests

1.

2.

3.

Short Term Job Options

1.

2.

3.

Long Term Options

1.

2.

3.

Training Plan

1.

2.

3.

- Create Cover Letter and Resume
- Search Job Websites including federal and state job search tools
- Review local Newspapers
- Contact prospective employers directly to:
 - Submit resume
 - Find out hiring status
 - Get specific job descriptions
- Contact DARS to set up an appointment

INFORMATION AND TOOLS

Myths

- ❑ Rest is Best
- ❑ No pain, no gain
- ❑ You must have a low tolerance for pain
- ❑ It's all in your head

Biopsychosocial Model of Pain

- ❑ Biological or physical components
 - ❑ Tissue damage, degenerative changes, scarring
 - ❑ Muscle tension
 - ❑ Sleep disturbance, fatigue
- ❑ Psychological or emotional components
 - ❑ Thoughts, beliefs, ideas about pain
 - ❑ Anger, frustration, irritability
 - ❑ Depression & anxiety
- ❑ Social components
 - ❑ Reactions of family and other significant people
 - ❑ What you learned about pain as a child

Stress-Pain-Appraisal Connection

- ❑ Stress – Threat, Loss, or Challenge
- ❑ Stress-Pain Connection
 - ❑ Pain produces stress
 - ❑ Stress increases pain
 - ❑ Managing stress reduces pain
- ❑ Stress Response
 - ❑ Biological
 - ❑ Emotional
 - ❑ Cognitive

MEDITATION BREATHING PRAYERS

Choose one phrase from the 1st and 2nd columns and one pair from the 3rd and 4th columns and say this phrase to yourself as you breathe.

Name of God	Attribute of God	His Promise/Our Need		Passage
BREATHE IN	BREATHE OUT	BREATHE IN	BREATHE OUT	
Jesus Christ	Son of God	Have mercy on me	A sinner	Mark 16:16
Lord	My Provider	Help me rest in	Your provision of my needs	Phil 4:19
Father	My Sovereign	Your grace is sufficient	For me	2 Cor 12:9
God	Most High	Deliver me	From temptation	1 Cor 10:13
Everlasting God	Who is Sufficient	Help me live	In your victory	1 Cor 15:57
Lord of Hosts	Eternal Creator	You work everything together	For my good	Rom 8:28
Mighty God	My Banner	I come to you	For your rest	Matt 11:28
	My Healer	I take refuge	In your strength	Ps 46:1
	My Peace	I am in your hand	Nothing can take me out	John 10:28
	My Righteousness	Your unfailing love	Gives me peace	Isa 54:10
	My Sanctifier	Lead me & guide me	Through paths of darkness	Isa 42:16
	Ever Present	Make my joy	Complete	John 15:11
	My Shepherd	I am drawn to	Your everlasting love	Jer 31:3
	My Maker	Rise	And show me compassion	Isa 30:18
	My God	You bless me	Because I wait for you	Prov 8:17
	Mighty One	Guard my heart & mind	With your peace	Phil 4:7
	The Branch	Give me your peace	So I will not be afraid	John 14:27
	Holy One	Listen to me	As I come to you	Jer 29:12
	My Judge	Guide me	As I seek your will	1 John 5:14
	All Seeing	Keep me from harm	Watch over my life	Ps 121:7-8
	Jealous	Show me your presence	As I walk through the fire	Isa 43:1-2
	My Deliverer	I am a new creation	In Christ	2 Cor 5:17
	My Savior	I trust in you	Not my own understanding	Prov 3:5
	My Redeemer	I look to you	To make my paths straight	Prov 3:6
	My Shield	Give me your wisdom	Knowledge & understanding	Prov 2:5
	My Strength	Teach me your ways	So I can walk in your paths	Isa 2:3
	Righteous One	Your word is a lamp to my feet	And a light for my path	Ps 119:105
	My Rock	Let your living word	Judge my thoughts & the attitudes of my heart	Heb 4:12
	My King	Be with me	Strengthen and help me	Isa 41:10
	The First and Last	My refuge & my fortress	I trust in you	Ps 91:1
	The Sun of Righteousness	No harm will come to me	Because I am in you	Ps 91
	Wonderful	I can do everything	Through your strength	Phil 4:13
	My Counselor	Lead me beside quiet waters	Restore my soul	Ps 23
	Prince of Peace	You are with me	As I walk through the darkness	Ps 23
	Ancient of Days	You are my rock, fortress, and deliverer	You are my refuge, strength, and salvation	Ps 18:2
	The Light of the world	You have plans to prosper me	To give me a hope & a future	Jer 29:11-12
	The bread of life	Have mercy on me	My soul takes refuge in you	Ps 57:1
	Living water	I take refuge under your wings	Until the disaster has passed	Ps 57:2

	Resurrection & the Life	I am your workmanship	Created in Christ to do good works	Eph 2:10
	The Way, Truth & Life	I put on your armor	To stand against the enemy	Eph 6:11

RELAXATION EXERCISES

DEEP BREATHING

- € We will begin with Deep Breathing – As you breathe in, imagine your lungs are cups and you are filling them from the bottom, all the way to the top. And as you breathe out, empty your lungs completely.
- € Breathe in, breathe out, breathe in, breathe out
 - Breathe in – Say to yourself, [name of God]
 - Breathe out – [attribute of God]
 - Breathe in – [His promise]
 - Breathe out – [our need]
 - Breathe in – Say to yourself, [name of God]
 - Breathe out – [attribute of God]
 - Breathe in – [His promise]
 - Breathe out – [our need]
 - Breathe in – Say to yourself, [name of God]
 - Breathe out – [attribute of God]
 - Breathe in – [His promise]
 - Breathe out – [our need]
 - Breathe in – Say to yourself, [name of God]
 - Breathe out – [attribute of God]
 - Breathe in – [His promise]
 - Breathe out – [our need]

PROGRESSIVE RELAXATION

- € Now choose one of these sensations that you like the best:
 - ☐ Heavy or Light ☐ Floating ☐ Warm or Cool ☐ Tingling
 - Imagine the sensation you chose starting at the top of your head, filling your body with that feeling. All tension, stress and worry are replaced by the sensation you chose. This sensation moves
 - down into your neck and shoulders
 - into your chest and back – removing all pain and discomfort
 - down into your arms, the stress and tension leave your body out through your fingers
 - Finally, the sensation moves into your legs and all remaining stress and tension leave your body out through your toes, leaving only that pleasant sensation and relaxation
 - Now choose one of these emotions
 - ☐ Calmness ☐ Joy ☐ Peace ☐ Comfort
 - Imagine it filling you up inside, taking away all other negative emotions, leaving only that pleasant one.

€ Progressive Muscle Relaxation

- Tense each muscle group – notice how the tension feels
- Take a deep breath in
- Breathe out and relax the muscle group, noticing the difference between the tension & relaxation
- Do this 2 times for each muscle group
 - Feet
 - Legs, calves
 - Abdomen, chest
 - Arms, hands
 - Neck, shoulders

VISUALIZATION

€ Imagine your favorite place. It can be real or fictional. Maybe you are:

- Walking on the beach next to the waves
- At the beginning of a quiet path in the woods or by a lake
- In the crisp air of a majestic mountain retreat
- A leaf floating down a river toward a quiet cove alone
- At a wildlife preserve, hearing the birds sing, watching the tame animals at peace
- In a meadow surrounded by fragrant flowers

€ Where ever you are, you are completely safe, at peace, restful.

- As I count from 10 to 1, you walk through your peaceful place and become more relaxed, more at ease, more at peace, more of your stress and worry leaving.
 - 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 – more deeply relaxed.
- Look around you and see the colors of the animals or the trees, smell the fragrance of the flowers or the crisp, clean air, hear the sounds of the birds or the waves, feel the wind on your face or the water on your hand. This is your place of refuge with God. Completely relaxed. Walking with Him. You can return to this place anytime you need to feel refreshed, or you need to talk to God, or just to be still in his presence.

PAIN MANAGEMENT

€ As you breathe in, feel the pain at its worst.

- As you breathe out, feel some of the pain leaving your body with the air.
- As you breathe in, notice the pain.
- As you breathe out, the pain gets smaller and smaller.
- As you breathe in, notice how intense the pain is.
- As you breathe out, feel it get less and less.
- As you continue to breathe in and out, the pain decreases 10% more with each breath.
- Breathe in, Breathe out more of the pain.

- Breathe in, Breathe out, see and feel it getting smaller and smaller.
 - Breathe in, Breathe out, 50% of the pain is gone.
 - Breathe in, Breathe out, only 20% of the pain remains.
 - Breathe in, Breathe out, the pain has almost decreased to nothing.
 - Breathe in, Breathe out, there is no more pain. It is completely gone.
 - You are learning to take control over your pain as you breathe.
- € Remember a time when you had no pain
- € Picture the pain in your body
- Picture taking the pain out and putting it in a box
 - Now close the lid on the box set it down and walk away, leaving the pain behind you.
- € Now as I count from 0 to 5, with each count you become more alert and refreshed. 0, 1, 2, 3, 4, 5. Alert and refreshed.

SCRIPTURES

- And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.
Philippians 4:7-9
- So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
Isaiah 41:10
- I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust." Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. If you make the Most High your dwelling— even the LORD, who is my refuge- then no harm will befall you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.
Psalm 91
- I can do everything through him who gives me strength.
Philippians 4:13
- And we know that in all things God works for the good of those who love him, who have been called according to his purpose.
Romans 8:28
- The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow

of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

Psalm 23

- The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold.

Psalm 18:2

- God is our refuge and strength, an ever-present help in trouble. Psalm 46:1
- For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. ¹² Then you will call upon me and come and pray to me, and I will listen to you.

Jeremiah 29:11-12

- Have mercy on me, O God, have mercy on me, for in you my soul takes refuge. I will take refuge in the shadow of your wings until the disaster has passed. I cry out to God Most High, to God, who fulfills {his purpose} for me.

Psalm 57:1-2

- In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express.

Romans 8:26

- For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will— ⁶to the praise of his glorious grace, which he has freely given us in the One he loves.

Ephesians 1:4-6

- For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 2:10

- For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery. Galatians 5:1

- Three times I pleaded with the Lord to take it away from me. ⁹But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

¹⁰That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

2 Corinthians 12:8-10

- Finally, be strong in the Lord and in his mighty power. ¹¹Put on the full armor of God so that you can take your stand against the devil's schemes. ¹²For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶**In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.** ¹⁷Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

Ephesians 6:10-18

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Improving Sleep Patterns

- ☐ Sleep Journal – notice patterns
- ☐ Factors that Affect Sleep
 - ☐ Substance use
 - ☐ Exercise
 - ☐ Napping
 - ☐ Routines
- ☐ Don't go to bed until tired
- ☐ Use bed only for sleep
- ☐ Have set time for going to bed and waking up

Coping Self-Statements

- There are others much worse off than me.
- Be brave and carry on despite the pain.
- I can overcome the pain.
- I "psych" myself up to deal with the pain, perhaps by telling myself that it won't last much longer.
- I try and imagine that for some reason it is important to endure the pain.
- I can't let the pain stand in the way of what I have to do.
- I can cope with the pain without imagining or pretending anything.
- I will deal with the pain and it will get better in the near future.

Coping Scripture-Statements

- And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus
Philippians 4:7
- So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10
- For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.
Jeremiah 29:11
- I will take refuge in the shadow of your wings until the disaster has passed. I cry out to God Most High, to God, who fulfills {his purpose} for me.
Psalm 57:1-2
- In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. Romans 8:26

Coping Strategies

- Distancing
- Appropriate pacing
- Praying
- Distraction
- Ignoring

Family Changes

- Re-evaluate family roles
- Educate on condition and chronic pain
- Practice open communication
- Teach them coping skills
- Use pacing as a tool
- Dealing with pain and sex

Assertiveness

- Asking for what you want or saying no to something in a simple, direct and honest manner
- Awareness of own feelings, needs, and wants
- Communicating to others
- Non-verbal assertive behaviors
 - Look directly at the other person
 - Hold an open posture
 - Stay calm while standing your ground
- Verbal assertive behaviors
 - Simple and direct “I” statements