

Taking Charge of your own life:

Back pain

The Workbook

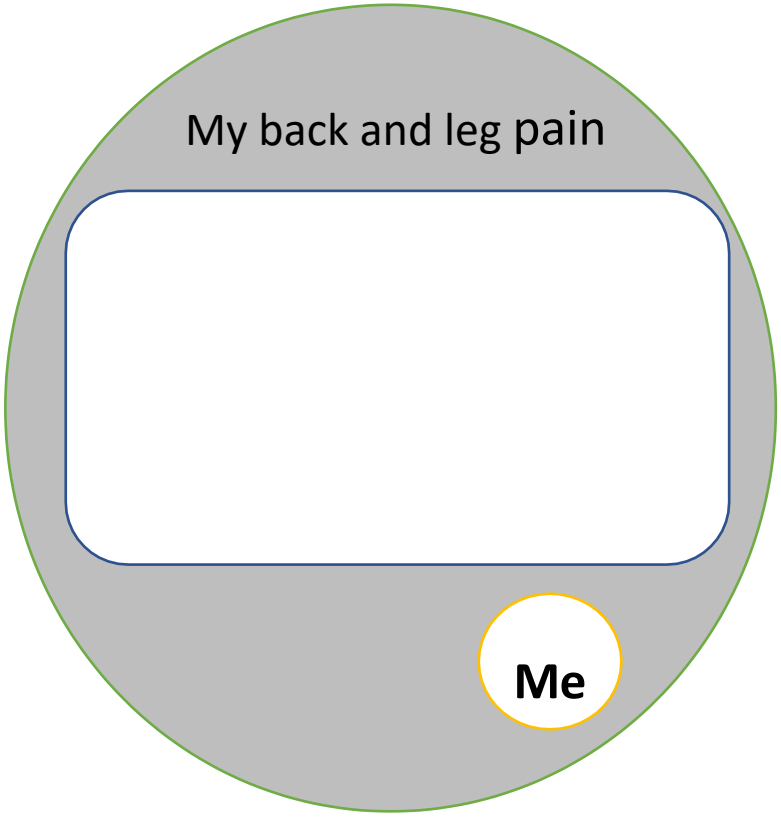
Feel free to share. The training manual (generic version) and a simple 'stock-take' of current activities before you start is available here:

https://bit.ly/3ysp1KM Comments (good and bad), mistakes and so on, to harry.mcnaughton@mrinz.ac.nz or @TakeChargeH
There are some spare pages at the back so you can update as you wish

MEDICAL RESEARCH INSTITUTE OF NEW ZEALAND

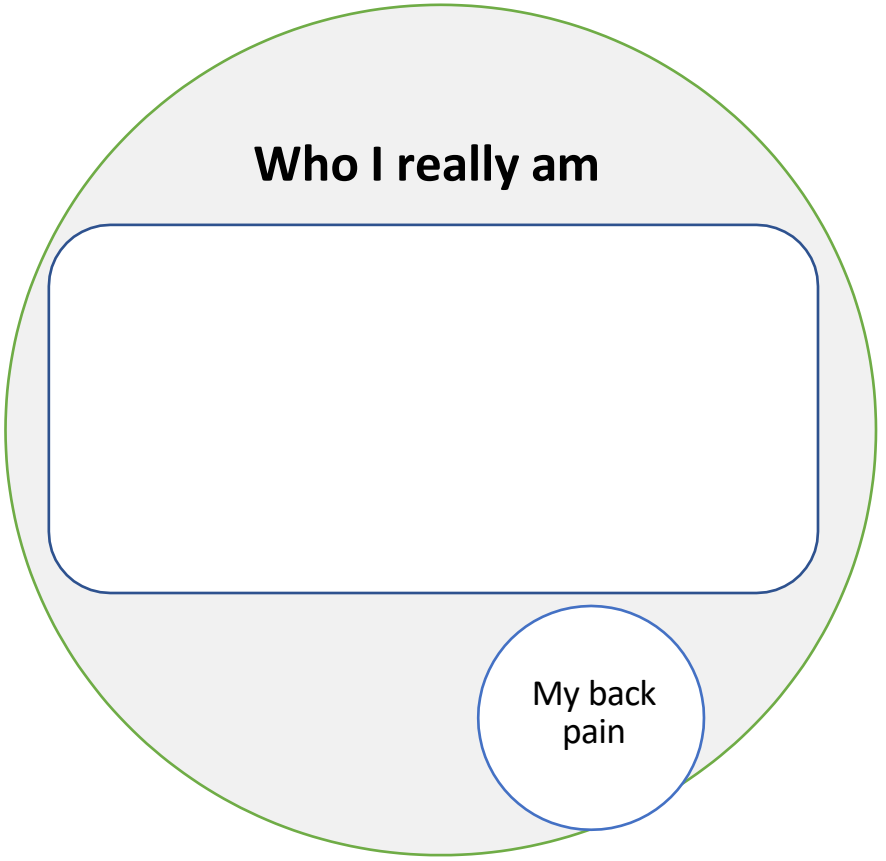
1. Taking Charge: who I really am

First, describe the problems you have because of your back and leg pain, for example: *with sleep, work, relationships, having fun, being tired, lonely, sad, need help, need to take tablets*



A back pain patient

Second, describe yourself – what makes you 'you'. For example: *Mother, daughter, wife, grandma, choir member, gardener, reader, teacher, friend, joker, volunteer, strong, happy, energetic, loving, warm, kind, gentle and lots more!*



A person who happens to have back pain

2. Taking Charge: looking beyond my back pain



Overall hopes, aims, aspirations for next 12 months

1.

2.

3.

4.



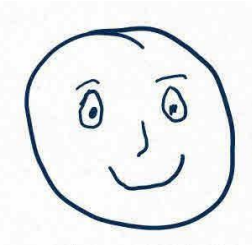
Main fears

1.

2.

3.

3. What would my ‘Best Day’ look like?





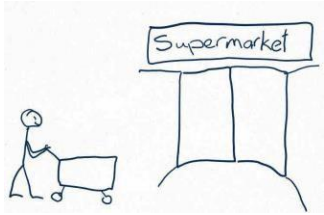
Draw a picture of your best day here. Friends and family may also want to draw something.

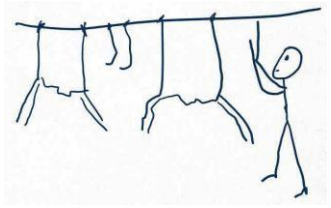
Becoming the person who I really am - what do I dream of doing?

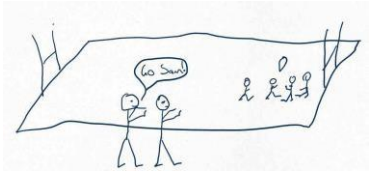
Sketch drawings in this column if you want

Date	What I want to do	How I could achieve it – write down any ideas you have
For example	*Be outdoors as much as possible*	• *Could I get an outdoors job?* • *Put my name down on a waiting list for an allotment* • *Investigate walking clubs in my area* • *Aim to walk outside at least every morning (a dog?)*
	Set up my own business	• *Talk to the family* • *What are my strengths that would give me an advantage?* • *Look at the bank accounts. Talk to the bank?*

Physical things like getting around, washing and dressing, doing the housework

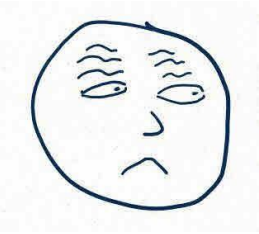


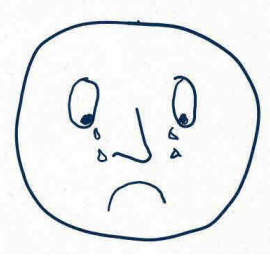


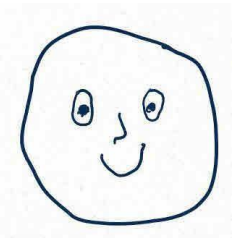


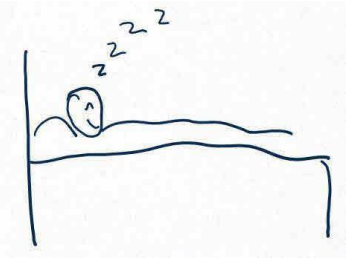
Date	What I am trying to do	How I could achieve it – write down any ideas you have
For example	*Walk every day ay least half an hour, whether or not I have any pain*	• *Keep a walking diary (on my phone?)* • *Phone reminder to walk every day by 7.30* • *Do some stretches before I go out* • *Don't be too cautious!*

Emotional issues like feeling anxious, worried, stressed, depressed, helpless



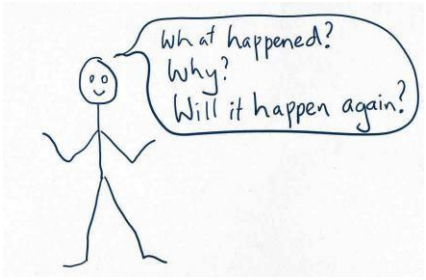


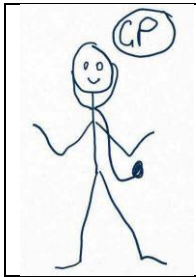
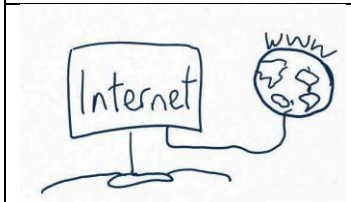




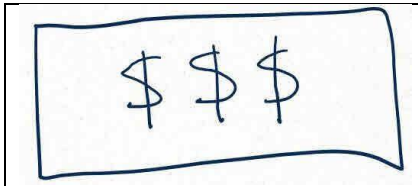
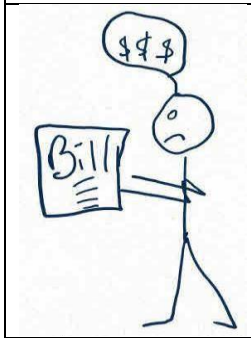
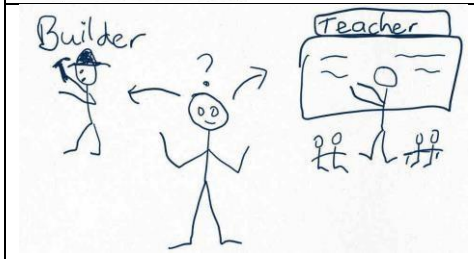
Date	What I am trying to do	How I could achieve it – write down any ideas you have
For example	*Feel more in control/charge*	• *Put my 'main hopes' sheet on the fridge door where I can see it* • *Concentrate on the positive things I have done every day* • *Remind myself that my back problem is going to get better* • *Do I really need any of the pain medicine? I would feel better if I was able to manage without it.*

Information needs

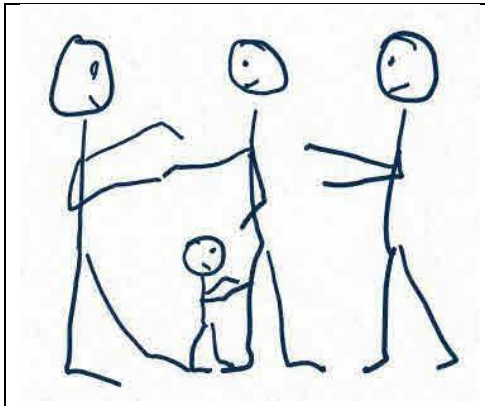
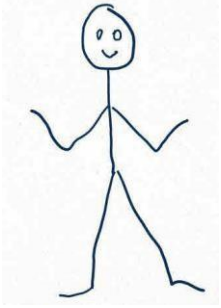


	Date	What I am trying to do	How I could achieve it – write down any ideas you have
	*For example*	*Understand more about my back pain*	• *Talk to the GP* • *Try the internet?* • *What are the outcomes for people like me?* • *What treatments work the best? Check Guidelines not just Dr Google!*
			
			

Financial issues like paying the bills, returning to work, using a budget, knowing about available supports

	Date	What I am trying to do	How I could achieve it – write down any ideas you have
	For example	*Reduce travel costs*	• *Can I apply for taxi discount vouchers* • *Can I apply for mobility sticker for windscreen* • *Which buses have the low entry step? (internet search?)*
		*Getting back to work*	• *Check in with work this week and explain what the doctor has said* • *Check to see if there is some work I can do that doesn't involve any lifting* • *Ask if I can come to the after work drinks on Thursday just to say hello*
			

My support network – where I go for help, support, having a good time

	Date	What I am trying to do	How I could achieve it
	*For example*	*Support my children and grandkids*	• *Get to Amir's cricket games even when my back is sore* • *Offer to babysit one night a fortnight*
			

Looking after my own health

Blood pressure

Smoking

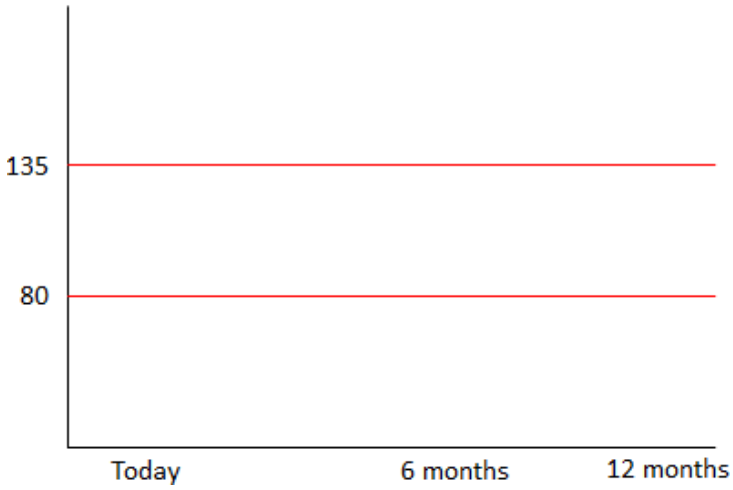
Diet

Exercise

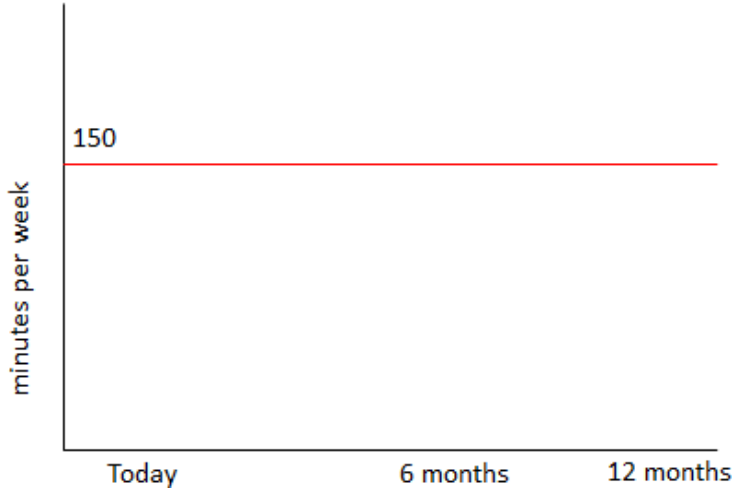
Diabetes

Date	What I am trying to do	How I could achieve it - write down any ideas you have
For example	*Reduce my risk of stroke (my problems are high blood pressure, diabetes and cigarettes!)*	• *Measure blood pressure at home and set target with GP (less than 135?)* • *Stop smoking!* • *Have another look at my diet and weight* • *Exercise every day!*

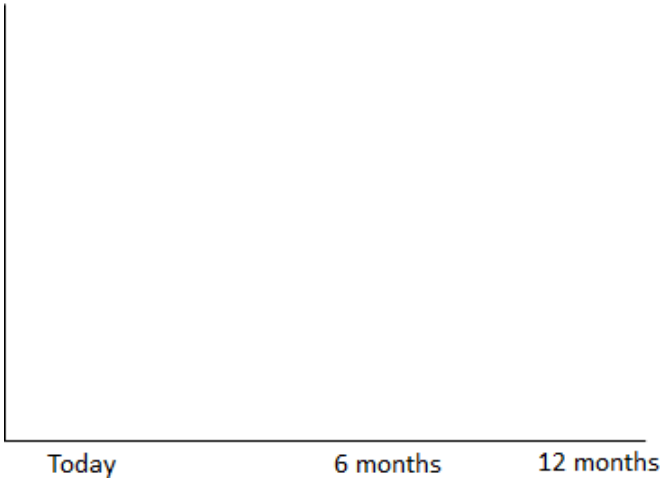
BP Target

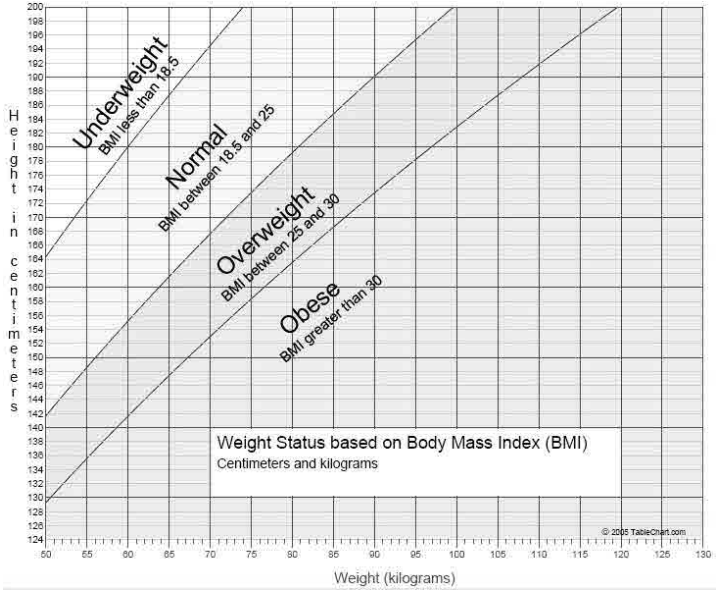


Exercise Target



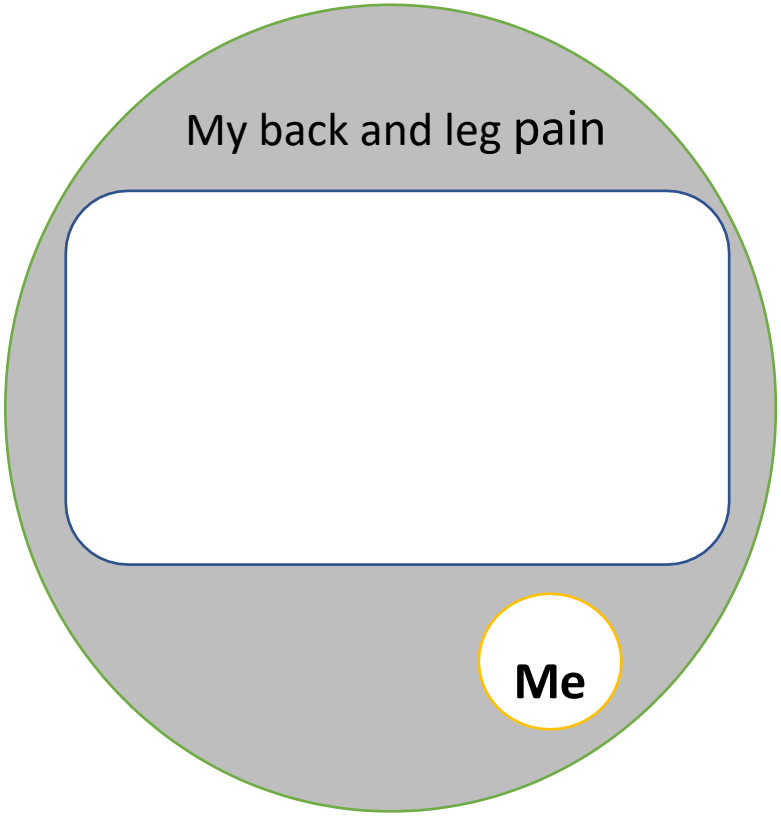
Your Target for _____





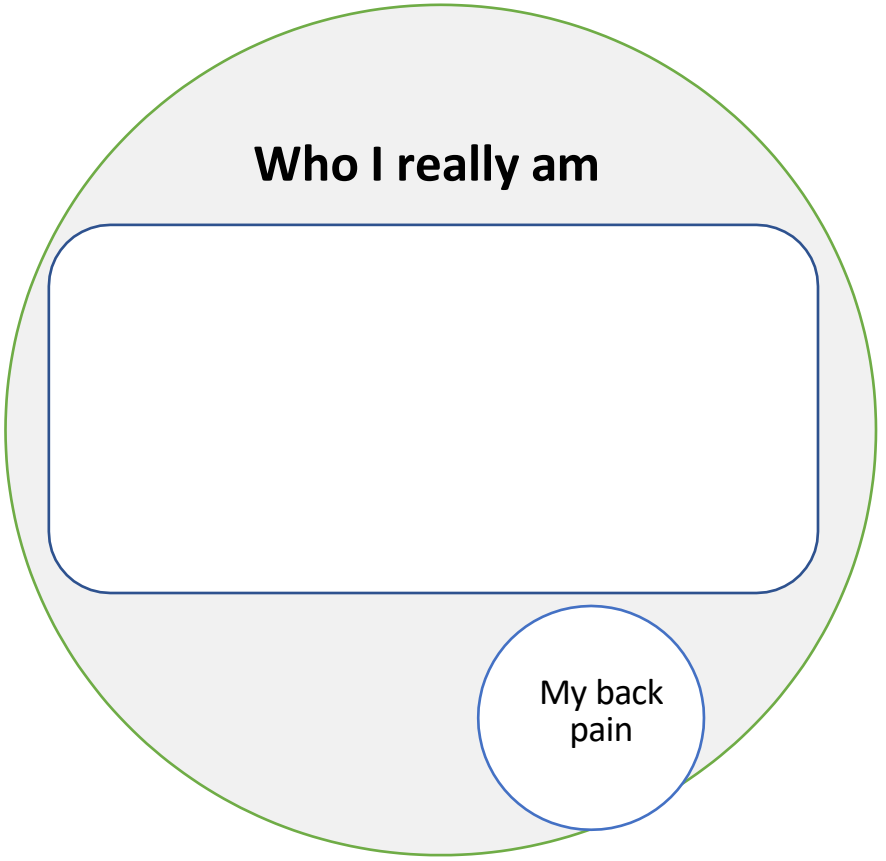
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