



Topics	Things I Want to Try
Activities and Movement	<ul style="list-style-type: none"> • Aqua size • Yoga • Walking
Adding a relaxation and mindfulness practice	<ul style="list-style-type: none"> • Jon Kabat-Zinn's CD • Breathing exercises • Body scans • Watch videos on PIPIN's website
Pacing	<ul style="list-style-type: none"> • Work on daily activity lists, balancing and prioritizing tasks • Find my pain baselines • Add rest as an activity
Education about persistent (chronic) pain to understand what is happening	<ul style="list-style-type: none"> • Find and watch good videos, PIPIN's website, Pain BC's website. • Attend a PIPIN's PSMES (pain self-management education and support) group
Increase social activities	<ul style="list-style-type: none"> • Meet a friend for coffee once a week • Join a bridge group • Join a craft group