

How to Make a Pain Plan

What is a pain plan?

A pain plan is just what it sounds like! It's a plan for how to take care of yourself on a day when you are in pain. I created this to deal with flare ups of physical pain caused by my Ehlers Danlos Syndrome, but it can work for days of emotional distress as well.

How can it help you?

A pain plan gives you a place to go when you find yourself suddenly and unexpectedly having a bad physical or mental health day. If you have any kind of recurring issues, you can create one pain plan that you always return to and then add things to it as you come up with more ideas. For example, I have one plan for anxiety and another for physical pain flare ups.

How can you make one?

I'm glad you asked! Use this handy template as a guide and fill your pain plan with things that are soothing to you. I'll share some things that have worked for me.

My Pain Plan

Spiritual Care



What spiritual practices can you lean into today?

Ideas...

Prayer journaling

Breath Prayer

Read a Psalm

Listen to a hymn or worship song

Lectio Divina

Physical Care



How can you make yourself more physically comfortable?

Ideas...

Take OTC medicine

Heat/Ice/Compression

Elevate injured body part

Hot shower

Athletic Taping

Relational Care



Who can you lean on for support?

Ideas...

Text a friend

Pray with someone

Call someone

Visit with a friend (or family member, partner, etc.)

Beauty Box

How can you nourish your soul with something beautiful today?

Here are a few ideas:

-Listen to beautiful music

-Light a scented candle

-Read a good book

-Read poetry

-Paint/draw/create something

-Buy some fresh flowers

Example

Spiritual Care

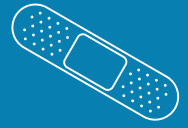


Today, I will light one of my favorite candles and spend 5 minutes sitting in silence with the Lord.

Then, I will write a prayer letter to God asking for his help to face this flare up of pain.

I'll finish by meditating on a chapter of one of the gospels.

Physical Care



I will take my joint pain medicine.

I will ice and elevate my foot.

I will wear my foot brace.

Relational Care



I will text my friend Lauren asking for prayer.

I will ask my husband to help with the chores I can't do this week.

Beauty Box

How can you nourish your soul with something beautiful today?

I will work on my writing projects.

I will watch a cozy movie.



My Pain Plan

Spiritual Care



Physical Care

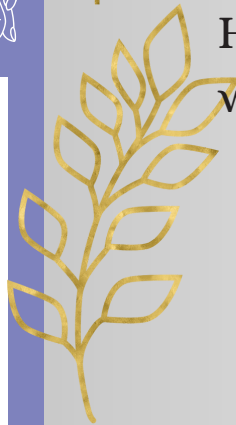


Relational Care



Beauty Box

How can you nourish your soul
with something beautiful today?



Journaling Prompts

What am I experiencing currently?

What am I afraid of?

How might I need to change my plans over the next few days in order to care for myself well?

What are some truths can I lean on?

What am I feeling excited or optimistic about these days?

Template by
Lauren Medina Writes