

Week 8 – Video 22 Homework

- ✓ Continue on your value-based goals
- ✓ Continue on your exercise goals
- ✓ Reflect on pain medications in your toolkit
 - Have you put any medications into your flare up plan?
 - If so, are they appropriate? Are they effective in managing the original pain, or are they serving a different purpose?
 - Are there any changes to this aspect of your toolkit that can assist with your journey?
- ✓ Write a letter to yourself
 - What has your pain experience been like throughout this program?
 - What positive changes have you noticed? (Think about the physical, mental, and emotional – your symptoms, your thought processes, your mood)
 - What are you most proud of thus far?
 - Where do you hope to be in 1 year?
 - After you have finished the letter, put it in an envelop and seal it – this is for you to open next year – a gift to yourself for going on this journey

Resources on opioids:

<https://www.youtube.com/watch?v=7Na2m7lx-hU>

<https://youtu.be/XbUB3U3BdnM>