

# My First Aid Plan

Note down all the helpful strategies that you would use during an increase in pain.

Example	First Aid Plan
<ul style="list-style-type: none"> <li>• Don't panic!</li> </ul>	<ul style="list-style-type: none"> <li>• Don't panic!</li> </ul>
<ul style="list-style-type: none"> <li>• Take appropriate medication/set up treatments to reduce pain</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>• Try to replan the next hour – what needs prioritising or reorganising?</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>• Stretch (+ ice/heat)</li> <li>➤ 10 minutes</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>• Relaxation</li> <li>➤ 10 minutes</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>• Light activity</li> <li>➤ 15 minutes</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>• Rest</li> <li>➤ 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>• Check thoughts and feelings</li> <li>➤ 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>• Light activity (+ pacing)</li> <li>➤ 15 minutes</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>• Rest</li> <li>➤ 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>• Stretch</li> <li>➤ 10 minutes</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>• Relaxation</li> <li>➤ 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>• Gentle exercise (e.g. walking)</li> <li>➤ 15 minutes</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>• Reinforcer</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>

Review: How are things going? Is there anything that you need to change, add or reduce? Plan for the rest of the day.