

Mind & Body Sorter Outer

Investigating Your Pain



Let's Get You Sorted

Unpicking your pain

Time to become your own detective

Take some time and answer these questions. You may have some others you can add. There are some spaces for your answers.

Has it been diagnosed by a medical practitioner? If yes what is the diagnosis? (Dr Google doesn't count for the diagnosis)

How long have you had it?

Does it change at all? Increase or decrease in severity.

Where is your pain?

Use the images on the following pages to mark out in more detail if required

What are you OK to do?

What if anything makes it worse?



What is anything makes it better?

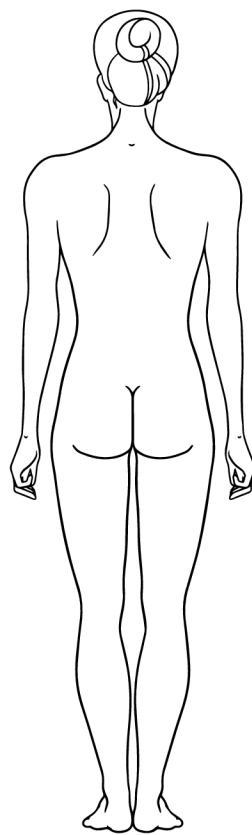
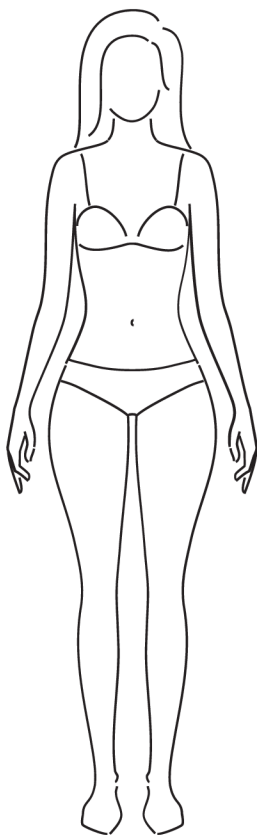
What does it stop you doing?

What difference would it make to you to not have the persistent or chronic pain?

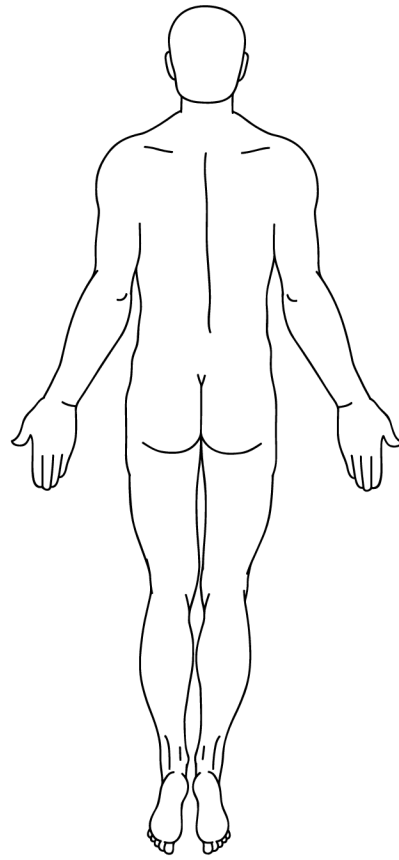
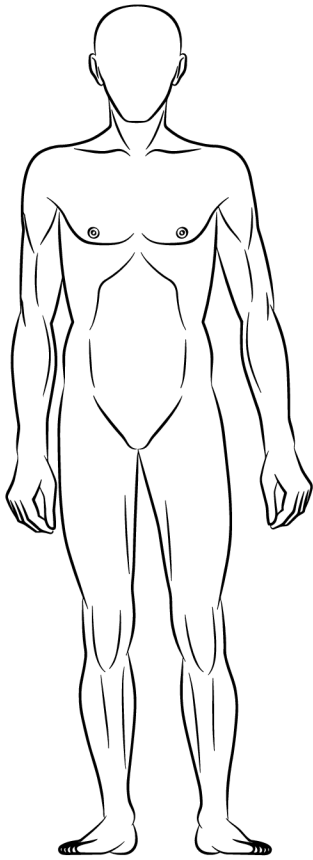
Complete this in as much detail as possible



Mark out where you feel your pain

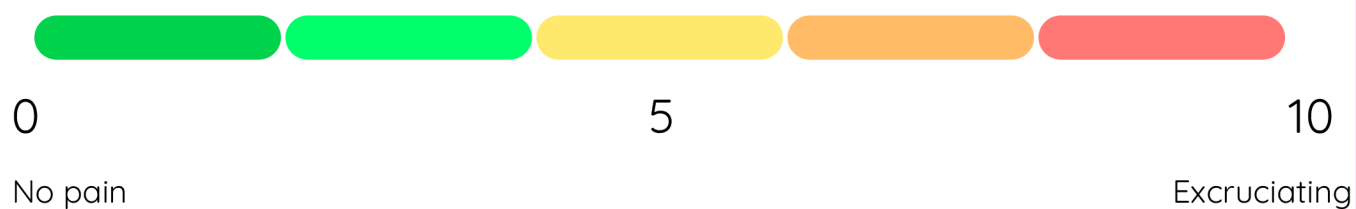


Mark out where you feel your pain



Pain Diary

For the next week or more, track your pain on a daily basis.
Use a 0-10 scale of no pain (0) and excruciating (10)

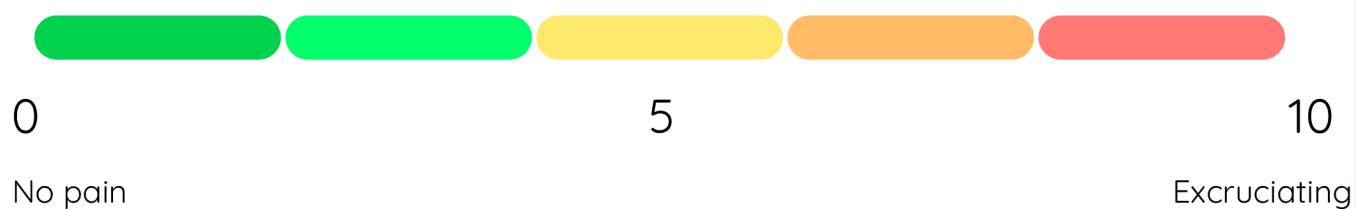


Day/Date	Pain level	Comments



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So that's the start of your investigation, what have you learnt about you and your pain?

Things that can impact your pain

- Lack of sleep
- Stress & Anxiety
- Dysfunctional Breathing
- Diet - what you eat
- Lack of movement and exercise/activity

Which one of these resonates with you?

What one change can you make now? And how? Write it down here with a date you're going to start and how you're going to implement it.



How I can help

I'm Kate your Mind & Body Sorter Outer and I help people to manage and reduce persistent chronic pain using OldPain2Go® as well as lifestyle coaching changes.

OldPain2Go is only be used help people with **diagnosed** persistent chronic pain rather than people in the acute phase of injury and pain as you body needs time to repair itself.

Now that you've investigated your pain and have decided it's time to let go, Let's Get Started.

Book your free 15 minutes **I'm Ready to Get Out of Pain call here**.

And just so you know, OldPain2Go typically requires a single session of up to 120 minutes via zoom or face2face.

Maybe you're the type of person who can crack on and sort themselves out and make those lifestyle changes to improve your diet, sleep, manage stress and anxiety, move more and check out your breathing, and that's grand and you'd only like help with the old unwanted pain. We can do that. Book your 15 minute chat **here**

Or maybe you're the type of person that can use some help and accountability to resolve the OldPain2Go and to work on the changes to help keep you fit, active and well moving forwards. In which case.....Hello I'm Kate Let's Get You Sorted

It all starts with a conversation, so book in **here** for your free 15 minute call and let's get the conversation started.

Look forwards to chatting with you soon
Let's Get You Sorted

Kate



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