

Pain Journaling

When you are in pain, certain activities and habits can make it worse. A **pain journal** helps you understand what triggers your pain so you can manage it better.

How to Do It

- Use either a note on your phone or paper and pen.
- Whenever your pain is above 5 out of 10, write down exactly what you were doing. (Example: sitting at your desk, walking, lifting, driving, sleeping, etc.)
- Do this throughout the day for one week.

What to Look For

- At the end of the week, review your notes.
- Look for patterns in what makes your pain worse.

Why This Helps

- Taking breaks and resting at the right time.
- Adding stretching or light movement.
- Adjusting your workspace or posture.
- Changing sleep position, pillows, or mattress.
- Choosing supportive shoes.
- Avoiding staying in one position for too long.

Goal

We want you to keep doing the things you enjoy—sports, work, and daily activities—but with the right modifications so your pain does not get worse.