

## ACTION PLAN TEMPLATE

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### REMEMBER YOUR WHY

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### SEEK CARE WHEN NEEDED

I will:

- *go to the emergency department if I have back pain and can't walk, can't pee, can't feel the saddle area between my legs, can't control my bowels, or have weakness in both legs*
- *get cognitive behavioural therapy if I experience any yellow flags (unhelpful beliefs, low mood, fear avoidance, or preference for passive treatments)*
- *see my family doctor if a flare isn't getting better despite my efforts, or if it's getting worse, in 6 weeks*

### TAKE ACTION DURING A FLARE

#### Learn about back pain

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Stay active

Category	Difficulty	Solution
Activities of Daily Living		
Challenging Activities		
Sleep		
Socializing		
Work		
Other		

**Question unhelpful beliefs:** from Chapter 5's action step on questioning unhelpful beliefs, write down what you want to remember when you have pain

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### **Medications**

Medication	Dosage	Frequency per day	Duration
<i>Naproxen</i>	<i>220 mg</i>	<i>Once a day</i>	<i>Maximum of 3 days</i>

### **Other therapies**

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**AIM TO PREVENT INJURY**

**My regular healthy habits**

*\*Please focus on changing 1–2 at a time. Add another when the behaviour becomes second nature.*

Recreational substances:

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Physical activity:

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Sleep:

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Socializing:

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Work/Meaning:

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## My trigger management

Trigger	Duration/ Repetitions	Strategy