

SUPPORT & MOTIVATIONAL MESSAGES, SENT AT THESE TIMES & DAYS

- Day 1 @ 18:00** Hi, FLO here, hope you enjoyed your first group session. Remember to look over your week 1 manual and bring any questions with you to the next session.
- Day 3 @ 18:00** Hi FLO here, have a chat with friends and family about your values, thinking about what is important to you. It can help you to focus on identifying your goals.
- Day 5 @ 18:00** Hi FLO here, our next session is at Kings Cross Hospital, Kinnoull Room. Entry from Clepington Rd entrance, please sign in at reception and you will be directed.
- Day 8 @ 18:00** Hi FLO here, have a listen to the mindfulness CD and try out the first exercise.
- Day 10 @ 18:00** Hi FLO here, remember to complete your values homework exercise in your folder and bring it to the next session.
- Day 12 @ 18:00** Hi FLO here, we are back in our usual venue in Royal Victoria Hospital. Look forward to seeing you at 1330.
- Day 15 @ 18:00** Hi FLO here, if you have not already done so, remember to set a baseline for one of your activities
- Day 17 @ 18:00** Hi FLO here, have a think about your goals and we will discuss them. Remember to make the SMART goals - Specific, Measurable, Achievable, Realistic, Timely.
- Day 19 @ 18:00** Hi FLO here, look forward to seeing you on Monday and hearing about your progress.
- Day 22 @ 18:00** Hi FLO here. Notice your thoughts right now.
- Day 24 @ 18:00** Hi FLO here, think about the potential barriers to achieving your goals and how you can work round them.
- Day 26 @ 18:00** Hi FLO here, remember to look over your manual before attending your next session.
- Day 31 @ 18:00** Hi FLO here, remember to complete your thought challenging diary for the week.
- Day 33 @ 18:00** Hi FLO here, have you tried listening to your mindfulness CD yet? Why not give it a go.
- Day 38 @ 18:00** Hi Flo here, remember to complete your medication homework. Do your tablets fall into the pain killers or pain modifying groups? Any queries, bring to group.
- Day 40 @ 18:00** Hi FLO here, remember to look over your manual before the next session.
- Day 43 @ 18:00** Hi Flo here, are you having problems sleeping? why not try completing the sleep checklist in your manual.

SUPPORT AND MOTIVATIONAL MESSAGES CONTINUED

- Day 45 @ 18:00** Hi Flo here. Take an opportunity to have a look through your manual.
- Day 47 @ 18:00** Hi Flo here, remember there is no session on Monday 2nd April.
- Day 52 @ 18:00** Hi Flo here, please take time to look over your manual before your individual session on Monday and write down any questions/issues you wish to discuss.
- Day 57 @ 18:00** Hi Flo here, we hope you found your individual session helpful. Have a look through the folder. You will find information and support to access at anytime.
- Day 59 @ 18:00** Hi FLO here, have a look at Pain Concern's website. <http://painconcern.org.uk/> . You will find a number of helpful resources here.
- Day 61 @ 18:00** Hi FLO here, look forward to seeing you back in the group on Monday.
- Day 64 @ 18:00** Hi Flo here, remember the values that are important to you. They will help you achieve your goals moving forward.
- Day 66 @ 18:00** Hi Flo here, have a look at your problem solving homework.
- Day 68 @ 18:00** Hi Flo here, we will revisit "Explain Pain" at our next session so have a look over the handout in the manual from week 2.
- Day 75 @ 18:00** Hi Flo here, look through your manual & bring any questions with your completed questionnaire on Monday. This helps us to develop our programme. Thank you.
- Day 79 @ 18:00** Hi Flo here, keep practising the techniques you've learnt and refresh your memory by looking at the manual on a regular basis. Best wishes for the future.
- Day 93 @ 18:00** Hi Flo here, notice what you are doing and ask yourself - is this working to move me closer to my values? If not, lets try something else.
- Day 107 @ 18:00** Hi Flo here, be aware of what thoughts your mind gives you. Even this small step can help you look at the bigger picture.
- Day 121 @ 18:00** Hi Flo here, the pain management programme manual has lots of information and examples of techniques to try.
- Day 135 @ 18:00** Hi Flo here, setting goals helps keep you moving towards what is important, but remember to make them achievable. And reward yourself when you get there!
- Day 149 @ 18:00** Hi Flo here, looking forward to seeing you at the catch-up session. Text YES to confirm attendance.

