



PROGRESSIVE MUSCLE RELAXATION

“Progressive Muscle Relaxation teaches you how to relax your muscles through a two-step process. First, you systematically tense particular muscle groups in your body, such as your neck and shoulders. Next, you release the tension and notice how your muscles feel when you relax them. This exercise will help you to lower your overall tension and stress levels, and help you relax when you are feeling anxious.”

- Center for Clinical Interventions

Online Resources

How to do progressive muscle relaxation

www.Anxietycanada.ca

How to teach progressive muscle relaxation

www.Childrenwithanxiety.com

Progressive muscle relaxation information sheet

www.Cci.health.wa.gov.au

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Christine
Castellarin-Harris

GRADED ACTIVITY PLAN

Graded activity in a paced, and planned way!
This means doing activity based on a PLAN, and NOT based on how you feel.

Step #1. Choose an activity

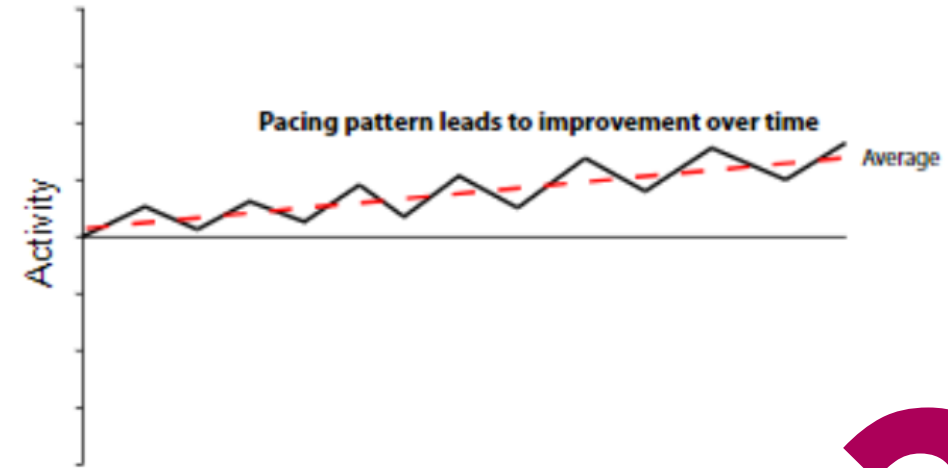
Step #2. Find your baseline

Step #3. Plan your progression
(increase by 10-20% each week)

Step #4. Try not to flare, but don't panic if you do!

My long-term goal is....

My progressive plan is...



2.1

Giulia Mesaroli

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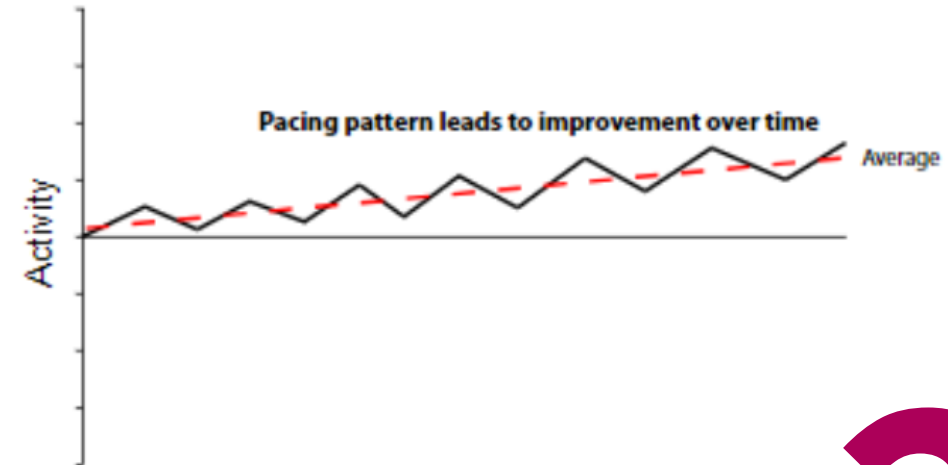
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My long-term goal is....

My progressive plan is...



2.2

Giulia Mesaroli



GRADED ACTIVITY PLAN

Date	Weekly goal	Outcome

2.3
Giulia Mesaroli



GRADED ACTIVITY PLAN *(example)*

Graded Activity Plan



Long term goal:

In 1 months time, to be able to take the bus to school in the morning, and walk home from school

Date	Weekly goal	Outcome
Week 1	Take the bus to and from school (Total = 10 min / day) = 50 min per week	
Week 2	Take the bus to and from school (Total = 10 min) – M, W, F Take the bus to school, walk home from school (Total = 20 min) – Tu, Th =70 min per week	
Week 3	Take the bus to and from school (Total = 10 min) – Tu, Th Take the bus to school, walk home from school (Total = 20 min) – M, W, F = 80 min per week	
Week 4	Take the bus to school, walk home from school (Total = 20 min) = 100 min per week	

2.4

Giulia Mesaroli



GRADED ACTIVITY PLAN *(example)*



Graded return to school



DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	1/2 day		1/2 day		1/2 day
Week 2	1/2 day	1/2 day	1/2 day	1/2 day	1/2 day
Week 3	Full day	1/2 day	Full day	1/2 day	Full day
Week 4	Full day	Full day	Full day	Full day	Full day

2.5

Giulia Mesaroli



DESENSITIZATION

Desensitization can be an effective way to treat hypersensitivity, especially when used in combination with other medical and/or therapeutic interventions. This technique is used to modify how sensitive an area is to particular stimuli. Over time with regular implementation and exposure to different items, touch hypersensitivity will decrease and/or normalize.

- Rub each texture around and if possible on the area that is painful or sensitive while remaining as calm and comfortable as possible.
- Rub each texture for 3 minutes for a total of 15 minute. Take breaks as needed.
- You can do desensitization while watching a show or listening to music, all the while remembering to belly breathe

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Anne Ayling Campos



MINDFULNESS

Mindfulness is the awareness that emerges through paying attention, on purpose, to things happening right now, without judgment.

Why Mindfulness?

Allows you to step away from 'auto-pilot' and focus on the present moment which in turn enables you to *respond* to situations instead of *react* to them.

Helps you identify and separate old habits and judgments from present experiences.

Gives your mind a rest from the everyday thoughts and worries that can occur when dealing with health issues

S.T.O.P Technique

- **S**top
- **T**ake a Breath
- **O**bserve
- **P**roceed

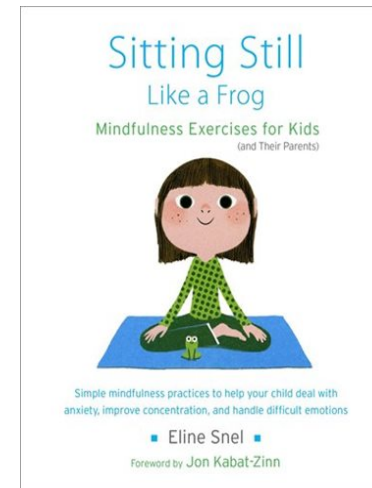
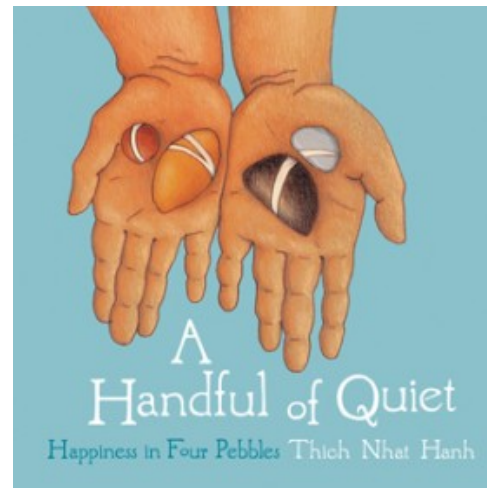
4.1

Dr. Danielle Ruskin

MINDFULNESS RESOURCES

- [Dr. Jon Kabat-Zinn, Ph.D., “The Healing Power of Mindfulness”](#) ~ 2 hours
- [Dr. Sara Lazar, Ph.D., “How Meditation Can Reshape Our Brains”](#) ~ 8 minutes
- [Dr. Elisha Goldstein, Ph.D.](#) - Video Resources
- [University of Wisconsin-Madison](#) – Audio clips of guided meditation
- [Healing Spirit: Guided Meditation for Relaxation in Sleeping Music](#)
- [AboutKidsHealth Learning Hub Mental Hub for teens](#)
- [AboutKidsHealth - You are not your thoughts](#) – Video Explanation

Books on Mindfulness for Children



4.2

Dr. Danielle Ruskin



SLEEP HYGIENE

What is Sleep Hygiene?

Sleep hygiene describes positive sleep habits. Strategies are offered to promote good sleep and there is considerable evidence to suggest that implementing positive sleep habits can provide long-term solutions to sleep difficulties.

Why is it so important in the context of Pediatric Chronic Pain?

Sleep impairments are associated with chronic pain across the lifespan and can predict new incidents and exacerbations of chronic pain^[1]. Decreased sleep duration and poor quality of sleep in youth is related to a range of negative affective and behavioural responses, such as poor concentration, high irritability, alterations in mood or anxiety^[3,4]. In turn, these negative consequences are associated with increased perception of pain^[3]. From a functional perspective, children and youth have difficulty paying attention in school, completing daily tasks, maintaining friendships and engaging in meaningful activities. Providing sleep hygiene education to children experiencing chronic pain, and their parents, aims to ultimately enhance mental and physical health, in turn increasing participation in meaningful activities.

5.1

Dr. Catherine Munns

SLEEP HYGIENE *(continued)*

Signs of Poor Quality Sleep

- Yawning
- Irritability
- Fatigue
- Lack of motivation
- Depressed mood
- Inability to concentrate

Sleep Hygiene Checklist^[2]

- | | |
|---|--|
| <input type="checkbox"/> I have a regular wake-up and bedtime every day (even weekends) | <input type="checkbox"/> If I nap, I take short naps and it is early in the afternoon |
| <input type="checkbox"/> I have a regular 30 min routine before bedtime that includes quiet, relaxing activities (no bright lights) | <input type="checkbox"/> I avoid caffeine, at least 4 hours before bedtime |
| <input type="checkbox"/> I put away all screens before bed | <input type="checkbox"/> I am exposed to sunshine or bright light throughout the day |
| <input type="checkbox"/> I get the recommended number of hours of sleep for my age (<i>9-11 hours for 6-13 years old, 8-10 hours for 14-17 years old</i>) | <input type="checkbox"/> My day has a balance of activity and rest |
| <input type="checkbox"/> I only use my bed for sleeping | <input type="checkbox"/> If I eat before bed, it is a light snack |
| <input type="checkbox"/> My room is dark while I sleep | <input type="checkbox"/> Get up and try again! If you haven't been able to fall asleep for more than 20 minutes, get up and do something boring, then return to bed. |
| <input type="checkbox"/> I sleep only when I am tired | |

5.2

Dr. Catherine Munns