

ICANCOPE WITH SICKLE CELL PAIN

MODULE 1: INTRODUCTION

REMEMBER!

- Pain is much like hunger and thirst – it requires you to do something to get some relief.
- Even if you cannot remove your pain, you can reduce it by changing the pain signals that reach your brain.
- The most effective way to change your pain signals is through the “3P approach ” to pain management:
 - ✓ **P** psychological strategies
 - ✓ **P** physical strategies
 - ✓ **P** pharmacological strategies (medications)

BE S.M.A.R.T.

Effective goals are SMART goals. This means they are:

Specific (clearly defined)

Measurable (you can measure when you’ve reached it)

Achievable (possible to reach)

Relevant (important to you)

Time-bound (there is a deadline or an end date).



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MODULE 2: STRESS

REMEMBER!

- Too much stress can make you feel sad, tense, angry, and overwhelmed.
- You can take the first step toward controlling stress-related pain by learning to pay attention to your body and your stress and tension levels.



Practice one or both of these **2 skills** whenever you have negative thoughts about your pain or about other parts of your life:

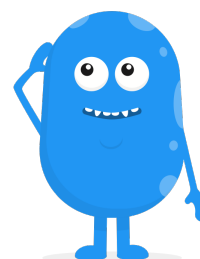
#1. THOUGHT-STOPPING

- Think to yourself: "STOP!"
- Picture a big stop sign.



#2. NEGATIVE TO POSITIVE

- When you notice a negative thought, try focusing on a positive thought instead.



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MODULE 3: RELAXATION

REMEMBER!

- Relaxation methods can help you manage pain by relaxing tightened blood vessels and increasing blood flow. As a result, you are better able to take part in daily activities that are important to you.



Practice one or more of these **4 skills** whenever you are feeling stressed, having pain, or just need to relax:

#1. DEEP BREATH

- Breathe in slowly through your nose to fill your belly with air.
- Hold your breath in and count to 5.
- Breathe out through your mouth and feel the muscle tension flow out of your body.

#2. RELAX THOSE MUSCLES

- Listen to the "*progressive muscle relaxation*" audio guide to tense, concentrate on, and relax specific muscle groups throughout your body.

#3. IMAGINE THAT

- Listen to the "*muscle relaxation with imagery*" audio guide to help imagine yourself in a pleasant place or situation.

#4. MINI-RELAXATION

- When you don't have much time, try this quick combination of deep breathing and muscle relaxation.

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MODULE 4: SLEEP (PART A)

REMEMBER!

- Sleep can affect all areas of your life, including how you concentrate, perform in school and sports, and even if you are in a good or bad mood.



Follow these **6 tips** to help improve the quality of your sleep:

#1



Make a sleep-wake schedule and stick to it!

#2



Don't catch up on weekends. Wake up within 1-2 hours of your usual routine.

#3



If you must nap, do it early and keep it short (30-45 min).

#4



Slow down and relax before bed.

#5



Limit electronics before bed.

#6



Use your bed only for sleeping and not for other activities.

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MODULE 4: SLEEP (PART B)

Practice these **4 healthy lifestyle habits** to improve the quality of your sleep:



Get regular exercise.



Eat regular meals.



Limit caffeine.



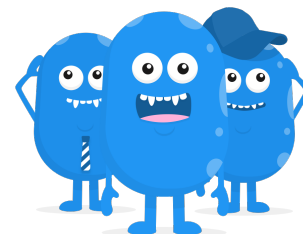
Avoid alcohol and nicotine.

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MODULE 5: COMMUNICATION & SELF-ADVOCACY

REMEMBER!

- When you have something important to communicate, it's worth taking time to consider what you want to say and why you want to say it.



Follow these **3 steps** when you have something important to communicate.

PREPARE

- Set a goal.
- Practice.
- Choose the right time.

DELIVER

- Use positive body language.
- Use "I" statements.
- Collect your thoughts.
- Stay calm.
- Be a good listener.

REFLECT

- Did you reach your goal?
- What worked and what did not work?

Don't forget to use these **5 tips** when communicating with your healthcare team.

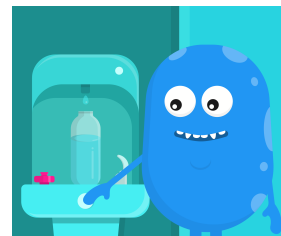
1. Share Symptoms	2. Prep Questions	3. Share Thoughts	4. Listen and Write	5. Review
Use the iCanCope app to track how you feel.	Bring written notes (paper or phone) to your appointment.	Follow 3 steps above to talk with health team!	Take notes or record what you discuss with health team.	Reflect on what you learned and plan next steps.

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MODULE 6: HEALTHY LIFESTYLE

REMEMBER!

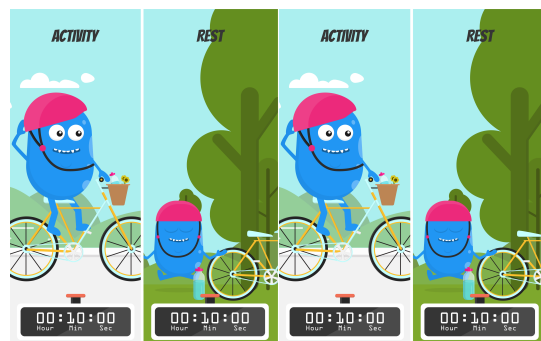
- A healthy lifestyle can help protect your body against stress and pain flares.
- Stay hydrated with at least 4 to 12 glasses of water throughout each day.
- Take part in regular physical activity.



Practice one or more of these **3 strategies** to build physical activity into your daily routine.

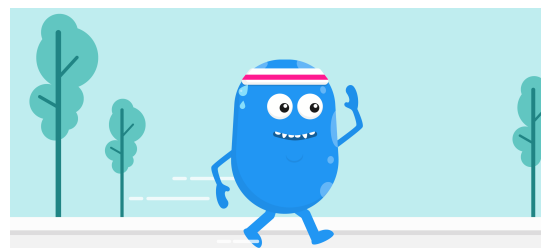
#1. PACE YOURSELF

- Alternate between activity and rest time.
- Use time, not pain, as your guide.



#2. SLOW AND STEADY

- Grade activity by starting low and slowly increasing over time.



#3. PLAN HAPPY TIME

- Schedule pleasant activities into your day.

