



## **Prioritize Me Discussion Questions**

**September 2024**

*Pain Awareness Month #SolvePainTogether*

1. In what ways do you integrate self-care into your everyday routines?
2. What activities do you have that help you feel recharged?
3. Is rest something you consider essential for handling your daily routine and energy? Explain your approach.
4. Do you find it easy to forgive yourself and move forward when you make mistakes? Describe what helps you in this process.
5. How do you prioritize yourself while having pain?
6. What sleep habits have helped you the most?
7. Are you able to communicate what you need from others?
8. What approaches to asking for help work best for you?
9. Where are the best places you have found for support for your chronic pain?
10. When fear or doubt creeps in, how do you show yourself love and compassion?
11. How have you built a sense of self that extends beyond just being someone with pain and illness?
12. How do you incorporate self-care into your daily tasks?
13. How do your hobbies help your pain or mental health?
14. What are you doing to nurture the relationships with friends and family?
15. What are your favorite ways to reduce stress?
16. What does it take for you to allow yourself to stop pushing through your pain?

17. Explain how you have created a special space just for you. (ex: special room, blankets, black out curtains, music, smells, pillows, etc)
18. What are the things that make you happy and bring enjoyment back into your life?
19. How do you maintain staying grounded when tough emotions arise?
20. What are ways you communicate your pain and illness to your family or friends?
21. What are your favorite hobbies or passions?
22. What is one good thing you did for yourself this week or will do this week ahead?
23. What are ways you have developed a support system?  
(This can include friends, family, co-workers, support groups and neighbors.)
24. When pain levels are high, how do you prioritize your basic needs?
25. What are ways you can connect with others who have the same interests? (For example: online groups, local meetups or clubs)
26. What are ways you have found to eat healthy?
27. How do you balance pacing your day and pacing your week to reduce stress and pain?
28. How do you prioritize rest?
29. How do you ask for help?
30. What healthy boundaries have you established with your medical team and support system?
31. How do you handle making mistakes—can you easily forgive yourself and move past them? What strategies or thoughts assist you in this?
32. How do you make time for hobbies or other enjoyable activities?
33. How do you express your emotions?
34. Do you have techniques to protect your energy? If so, what are they?
35. What mobility aids have you recently found most useful?