



PERMANENTE MEDICINE®
The Permanente Medical Group

Level 3: Intensive Pain Management Class Week 7

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Week 6 Review: Three Ways to Handle Stress

1. Change Your Contact
2. Change Your Assessment
 - a) Widen Perspective
 - b) Change Spin
3. Change Your Reaction

Week 6 Review: Maintenance Plan and Flare Kit

- What are you including in your Maintenance Plan?
- What can you do to manage flares?
 - What caused it?
 - What helps to ease it?
- What's in your Flare Kit?

Skill #7: 4/7/8 Breath:

Tip of tongue on
roof of mouth
behind front teeth.

Take a deep breath
in through nose for
4 seconds.

Hold breath for 7
seconds.

Purse lips and blow
out forcefully for 8
seconds making a
whooshing sound.

Repeat 4 – 8 times.