

# Welcome to *BounceBack*

Here's a sample of what you'll find in "Chronic Pain".

Visit Us at <http://building-resilience.com> to learn more about *BounceBack*

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## Chronic Pain



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## Before You Begin

### Know Your Purpose:

-If it is to encourage empathy towards and understanding of others, ask players to assume the point of view stated on the card even if (especially if) it is not their own. It's a chance to walk in the shoes of another and discover how you might respond were you faced with the challenge.

-If your goal is to teach others to coach individuals in crisis, you may want to approach the exercise differently. Have participants select Skills & Attitudes that they might suggest for use by the individual in crisis.

-If your mission is crisis prevention, try applying the Skills & Attitudes to the challenges in a proactive manner to see how situations might be preventable.

Such groups might be: healthcare providers and their patients, police officers and immigrants or baby boomers and millennials. Using healthcare for example, bring providers and patients together. Have the providers select challenges from the Healthcare Dilemma deck and patients draw from the Healthcare Professional deck. Have the group pair off (i.e. one healthcare provider and one patient). The pairs are charged with coaching one another to face challenges that may be unfamiliar to them. It is helpful to ask that they assume the point of view on the card in order to encourage empathy and understanding.

**Once you know your Purpose and your Participants...begin.**

**BounceBack is a serious game, a tool that may help build mental toughness by asking people to respond to real world challenges using the Skills & Attitudes of resilience.**

The goal is to bring people together to share thoughts and perspectives on how to respond to the many challenges life puts forth. We offer some coaching and game play suggestions, but how you choose to use these cards is really up to you.

### Know your Participants:

-Are you coaching an individual in transition? Is the transition specific to a particular issue such as Divorce/Finance or Disability? Select and use those decks that best relate to the transition/s being experienced.

-Are the participants looking to build a broader sense of resilience Skills & Attitudes that relate to their particular vocation? Select from our bundles or choose individual decks that relate best to the needs of the group you are working with.

-Do you have populations that could build resilience through a better understanding of the challenges faced by each?

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### The Basic Concept:

You're presented with a Challenge Card. Spread the ten Skills & Attitudes cards out so that they can be seen. Read the challenge on the face of your card. Using the ten cards in front of you, select the cards having the Skills & Attitudes you wish to apply in order to manage the challenge at hand. Turn over your Challenge card to see the Skills & Attitudes (indicated by a red\* asterisk) that we suggest might be most helpful in managing the situation. Repeat this process, in turn, for each participant. And please, don't forget the discussion. Adapt this basic concept as you will to fit the needs of you and/or your participants.

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*BounceBack* was developed as a tool to practice responding to life's challenges. Challenges are presented and the user chooses skills and attitudes that he or she wishes to apply in order to respond to that challenge. It's very simple. It's practice. With >36 decks and >720 challenge questions, it's a lot of practice.

Visit: <https://building-resilience.com/the-resilience-tools-we-use/welcome-to-bounceback/> to view our short video.

-Chronic pain has devastating effects on those who experience it. It can lower one's financial standing, limit activities of daily living, exhaust social and family supports, and destabilize one's mental health. And that's all before an addiction to pain medication enters the picture.

-Studies indicate that resilient people are better equipped to cope with chronic pain. How we think about pain is tied to how we respond to it.

-The Chronic Pain deck was developed in order to start discussions between the chronic pain sufferer and a significant other, a friend, or family mem-bers. It was also developed to initiate conversations between patients and nurses, social workers, and physicians charged with treating/managing chronic pain. The cards could be used to assess a new patient's current level of resilience Skills & Attitudes and to build upon them as needed. Where medication is indicated, additional coping skills may reduce the amount and frequency of the need. Peer support groups are always a good place to share these challenges.

### Chronic Pain



It's not recommended that I drink with my current medications. But the effectiveness of my pain medication has diminished over time . I know exactly how many drinks it takes to minimize the pain and avoid problems. My spouse nags me about drinking. She seems to think that I don't know what I'm doing.

### Chronic Pain



After a particularly sleepless and pain-filled night, I crawl out of bed at 4:15 a.m. to make some coffee. My wife comes down the stairs with her usual, "What's wrong?" I am so tired of this persistently stupid question. I jam the pot into the Coffeemaker a bit too hard. I am shocked when it shatters and my knuckles begin to bleed.

### Chronic Pain



My best friend is always there for me: when my girlfriend moved during the long rehab. stay following my accident, when my parents kicked me out for adding medical marijuana to my pain management regimen, and when I got fired because I'm no longer able to memorize required procedures. But today, he stood up abruptly and walked out of my apartment saying, "Can't you ever focus on anything other than yourself? How much more do you need to lose before you realize that this is eating you up?"

# Bounce BACK

## 10 Skills and Attitudes:

- \* Connect/Communicate with Others
  - \* Be Flexible
  - Problem Solve
  - Manage Strong Feelings
  - Self-Confidence
- \* Find the purpose/meaning in life
  - \* See the Big Picture
  - Appreciate and use humor
  - \* Care for Yourself
  - Care for Others

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**\*Disclaimer:** *BounceBack* is a serious game, a tool that may help build mental toughness by asking people to answer real world questions, using the skills and attitudes of resilience. It is intended to help you develop and apply the skills and the attitudes of resilience. Statements or descriptions contained in *BounceBack* are informational only. The content of some questions may not be appropriate for all users. This tool is not intended to be a substitute for professional medical advice for which your healthcare professional is your best source. If you believe that you may benefit from care, you should consult a licensed mental health professional. The purchaser of Bounce-Back is solely responsible for determining the adequacy of this material and its application. The use of this material shall not be subject to any implied warranties of fitness for that purpose.

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