

# BounceBack and Chronic Pain

## Is chronic pain causing you to feel low, depressed, anxious or overwhelmed?

The BounceBack program can help you learn practical skills to manage your symptoms and regain your mental health and well-being.

BounceBack has helped countless individuals, like Kyle, who have experienced negative impacts to their mental health due to chronic pain, take control of their health-related anxieties, thoughts and worries and feel better one day at a time. (For Kyle's story, see reverse page).

With the BounceBack program – adults and youth 15+ – benefit from the skill-building techniques offered by workbooks and a trained BounceBack coach. Working together with a coach, one-on-one, they'll help design a program that's tailored to your unique needs and experiences. The BounceBack coach is there to help you work through a series of workbooks at your own pace, and help you develop new skills, keep you motivated, answer any questions, and monitor how you're doing.



### There are two ways to access the program:

#### 1 BounceBack Today online videos:

The videos offer practical tips on managing mood, sleeping better, increasing activity, problem solving, and more. They can be watched online at any time at: [bouncebackvideo.ca](http://bouncebackvideo.ca) (using access code: `bbtodayon`). The videos are available in English, French, Arabic, Farsi, Mandarin, Cantonese, and Punjabi.

#### 2 BounceBack telephone coaching and workbooks:

Participation in the program is by referral through a primary care provider (family doctor, nurse practitioner) or psychiatrist. You can also self-refer, but will need to provide your primary care provider's contact information, so that we can contact them on your behalf.

Once a referral is submitted, you will be contacted within five business days to schedule a telephone assessment. If eligible for the program, you will receive three to six telephone coaching sessions, which will occur every two to three weeks. During these sessions, your coach will help support you as you work through a series of workbooks or shorter condensed booklets. Topics include: *Understanding worry and stress; Helpful things you can do; Practical problem solving; and Changing extreme and unhelpful thinking*. One particular booklet, *Reclaim your life*, can help individuals who are dealing with a recent diagnosis or years of struggling with impaired mobility. Whether they are managing a disability, chronic condition, recurring illness, pain or fatigue, individuals learn how to feel better every day by not letting their lives be controlled by their situation.

Telephone coaching and workbooks are also available in multiple languages.

## Meet Kyle.

### His story:

Kyle is 54 years old and lives in the Greater Toronto Area. He worked as a marketing consultant for 30 years, until recently, when a serious car accident left him with limited mobility and chronic pain. Kyle is currently on a leave of absence from work and is worried about whether he will be able to return to the office or engage in activities he once enjoyed. Kyle is also struggling to pay his bills, as he's currently on employment insurance.

### Why he seeks support from the BounceBack program:

Kyle is feeling low, depressed, overwhelmed and worried about his future. He is experiencing unhelpful thoughts about his situation and accomplishments.

### How the BounceBack program has helped Kyle:

Through support from his coach, Kyle learns how to take control of his life by learning new strategies to tackle his problems and cope with his chronic pain and other stressors.

- 1 He learns new ways to break down his problems (mainly financial) so that he can work on finding better solutions.** This includes reaching out to the bank for further support and asking his family for help. By identifying different options, the control is back in his hands and he doesn't feel as helpless.
- 2 He learns how to slowly add activities he enjoys back into his routine to help him regain power over his situation.** This includes things like watching soccer on TV. By starting with short-term goals of adding these activities back into his daily routine, he is working towards his long-term goal of living with chronic pain without it interfering with his ability to enjoy life.
- 3 He learns how to target his extreme and unhelpful thoughts that were preventing him from recognizing his successes and progress in his recovery.** Prior to the program, Kyle admitted being hard on himself and overlooking any of his accomplishments. However, the program has taught him that it's important to acknowledge his achievements and celebrate his successes so that he can work towards recovery.

For more information on the BounceBack program, please visit: [bouncebackontario.ca](https://bouncebackontario.ca)