

PROGRESSIVE MUSCLE RELAXATION

“Progressive Muscle Relaxation teaches you how to relax your muscles through a two-step process. First, you systematically tense particular muscle groups in your body, such as your neck and shoulders. Next, you release the tension and notice how your muscles feel when you relax them. This exercise will help you to lower your overall tension and stress levels, and help you relax when you are feeling anxious.”

- Center for Clinical Interventions

Online Resources

How to do progressive muscle relaxation

www.Anxietycanada.ca

How to teach progressive muscle relaxation

www.Childrenwithanxiety.com

Progressive muscle relaxation information sheet

www.Cci.health.wa.gov.au

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Sara Klein

DESENSITIZATION

Desensitization can be an effective way to treat hypersensitivity, especially when used in combination with other medical and/or therapeutic interventions. This technique is used to modify how sensitive an area is to particular stimuli. Over time with regular implementation and exposure to different items, touch hypersensitivity will decrease and/or normalize.

- Rub each texture around and if possible on the area that is painful or sensitive while remaining as calm and comfortable as possible.
- Rub each texture for 3 minutes for a total of 15 minute. Take breaks as needed.
- You can do desensitization while watching a show or listening to music, all the while remembering to belly breathe

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Anne Ayling Campos

SLEEP HYGIENE

What is Sleep Hygiene?

Sleep hygiene describes positive sleep habits. Strategies are offered to promote good sleep and there is considerable evidence to suggest that implementing positive sleep habits can provide long-term solutions to sleep difficulties.

Why is it so important in the context of Pediatric Chronic Pain?

Sleep impairments are associated with chronic pain across the lifespan and can predict new incidents and exacerbations of chronic pain^[1]. Decreased sleep duration and poor quality of sleep in youth is related to a range of negative affective and behavioural responses, such as poor concentration, high irritability, alterations in mood or anxiety^[3,4]. In turn, these negative consequences are associated with increased perception of pain^[3]. From a functional perspective, children and youth have difficulty paying attention in school, completing daily tasks, maintaining friendships and engaging in meaningful activities. Providing sleep hygiene education to children experiencing chronic pain, and their parents, aims to ultimately enhance mental and physical health, in turn increasing participation in meaningful activities.

4.1

Erin Lawson

SLEEP HYGIENE *(continued)*

Signs of Poor Quality Sleep

- Yawning
- Irritability
- Fatigue
- Lack of motivation
- Depressed mood
- Inability to concentrate

Sleep Hygiene Checklist^[2]

- | | |
|---|--|
| ☐ I have a regular wake-up and bedtime every day (even weekends) | ☐ If I nap, I take short naps and it is early in the afternoon |
| ☐ I have a regular 30 min routine before bedtime that includes quiet, relaxing activities (no bright lights) | ☐ I avoid caffeine, at least 4 hours before bedtime |
| ☐ I put away all screens before bed | ☐ I am exposed to sunshine or bright light throughout the day |
| ☐ I get the recommended number of hours of sleep for my age (<i>9-11 hours for 6-13 years old, 8-10 hours for 14-17 years old</i>) | ☐ My day has a balance of activity and rest |
| ☐ I only use my bed for sleeping | ☐ If I eat before bed, it is a light snack |
| ☐ My room is dark while I sleep | ☐ Get up and try again! If you haven't been able to fall asleep for more than 20 minutes, get up and do something boring, then return to bed. |
| ☐ I sleep only when I am tired | |

4.2

Erin Lawson