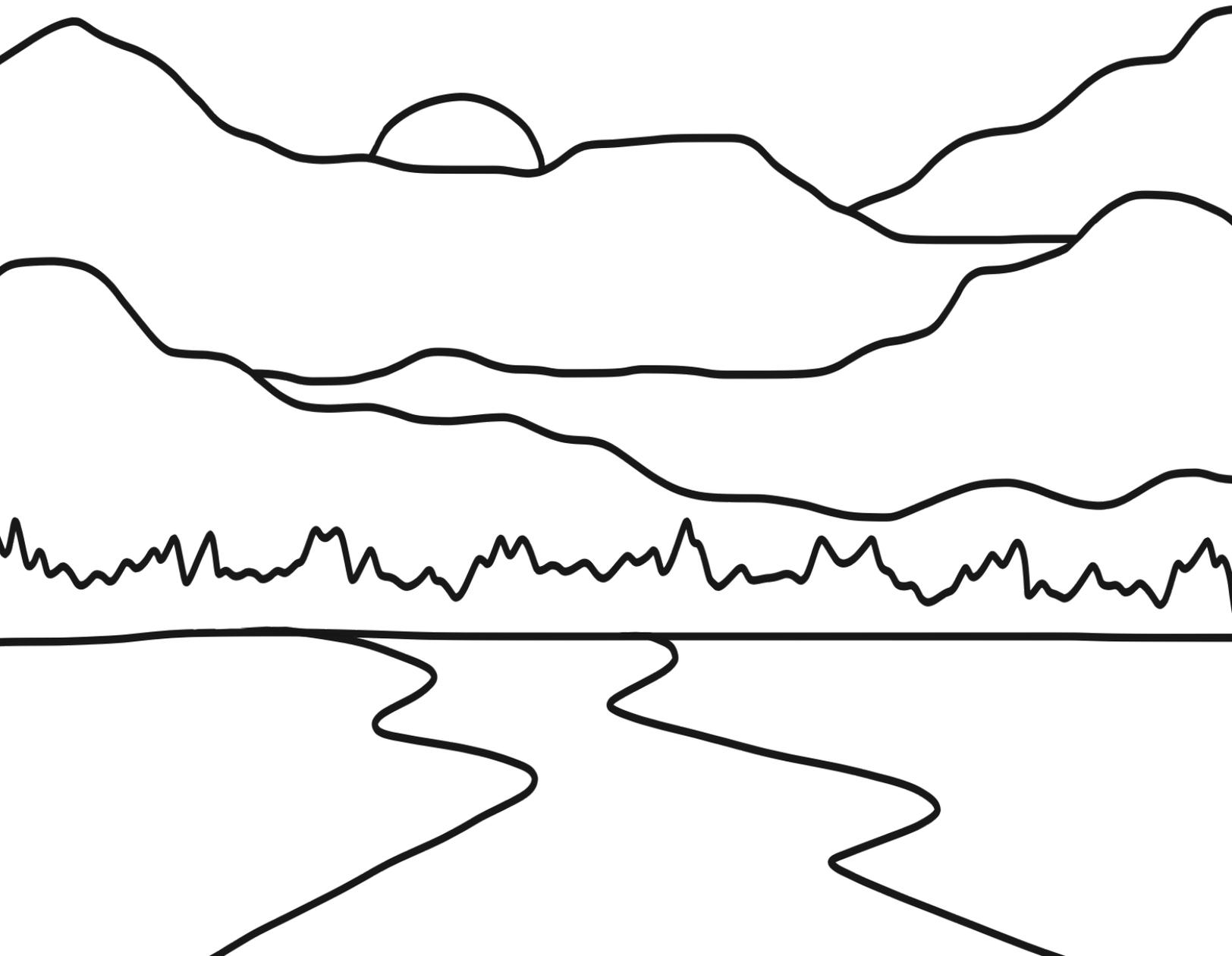


HOLIDAY MINI BREAKS

adult activity book



Name Your Pain GENERATOR

The language you use to describe symptoms matters. Whenever you say (or think) a sentence, it paints a mental image that impacts the brain's processing. Does the image you're painting convey danger, causing the brain to activate its fear centers and amplify pain signals? Or does it do the opposite?

Use the ideas below to switch up your diction for a day! You might be surprised how your body responds. *Please note that while this exercise may seem silly at first, it is NOT designed to minimize your pain experience. It is designed to interrupt your brain's pain response in a simple and effective way.*

YOUR RESULT:

First Letter of Your Name	Last Digit of Your Phone Number
A-C Sparkly	0 Tumbleweeds
D-F Overactive	1 Houseguests
G-J Fancy	2 Fairies
K-M Fluffy	3 Bananas
N-P Flying	4 Cotton Balls
Q-S Floating	5 Balloons
T-V Fuzzy	6 Bubbles
W-Z Untamed	7 Spaghetti
	8 Bunny Rabbits
	9 Raindrops



HOW TO USE YOUR PAIN NAME

To use your new "pain name," **simply swap out the word or diagnosis you use to refer to your symptoms.** For example, "migraines" might become "Fancy Bananas" and "lower back pain" might become "Overactive Spaghetti." If the result you got here doesn't feel quite right, change it! Use these words as thought starters to find your perfect match.

TRY IT IN A SENTENCE:

Hey, _____!
[Your Pain Name]

Maybe it's time to give it a rest for the day? Take a break!

TRY IT IN YOUR OWN SENTENCE:

*If you like this,
you might love...*

...these tools included in a Curable app subscription:

Pain Catastrophizing | Audio Lesson

Word Swap | Brain Training Exercise

MAD LIB MEDITATION

Bored with traditional meditations? Mix it up with something that will leave you feeling light, joyful, and at ease. This mad lib meditation is great for shifting your focus away from pain and cultivating joyful experiences in your body.

Instructions: Write down the adjectives, nouns, and verbs of your choice in the blanks below. Then, flip to the next page to fill your answers into the corresponding blanks and reveal your custom meditation.

A *noun*
A Favorite Place from Childhood _____
Ex: my bedroom, grandma's backyard, the creek behind my house, summer camp, etc.

B *adjective*
Your Favorite Type of Weather _____
Ex: snowy, sunny, overcast, stormy, crisp, warm, etc.

C *noun*
A Favorite Person from Childhood _____
Ex: Stacy, George, my mom, my grandpa, my best friend, my cousin, etc.

D *verb*
A Physical Activity You Enjoy _____
Ex: swimming, dancing, rolling down hills, rock climbing, running, etc.

E *adjective*
A Positive Sentiment _____
Ex: wonderful, exhilarating, comfortable, joyful, magical, glorious, etc.

F *noun*
A Pleasant Emotion _____
Ex: happy, relaxed, hopeful, content, etc.

G *noun*
A Positive Physical State _____
Ex: healthy, strong, capable, etc.

YOUR MEDITATION

Instructions: Fill in the blanks below and read your story over a few times. Once you can remember it well, close your eyes and imagine the story is happening to you.

When I close my eyes, I find that suddenly, I am at / in
Ⓐ _____ . Outside, it is Ⓑ _____ . I listen
to the sounds around me, and I know that I am safe and happy.

I hear someone approaching. It is Ⓒ _____ . I ask if
they want to go Ⓓ _____ . They say yes, and off we go.

We start off slowly and feel our bodies warm up. As we get more
into it, I can feel that my body is working with me. It's a
Ⓔ _____ sensation!

We go and go until we are out of breath. Once we have used all the
energy we can muster, we fall down and begin to laugh. I don't
know what we are laughing about, but it feels wonderful.

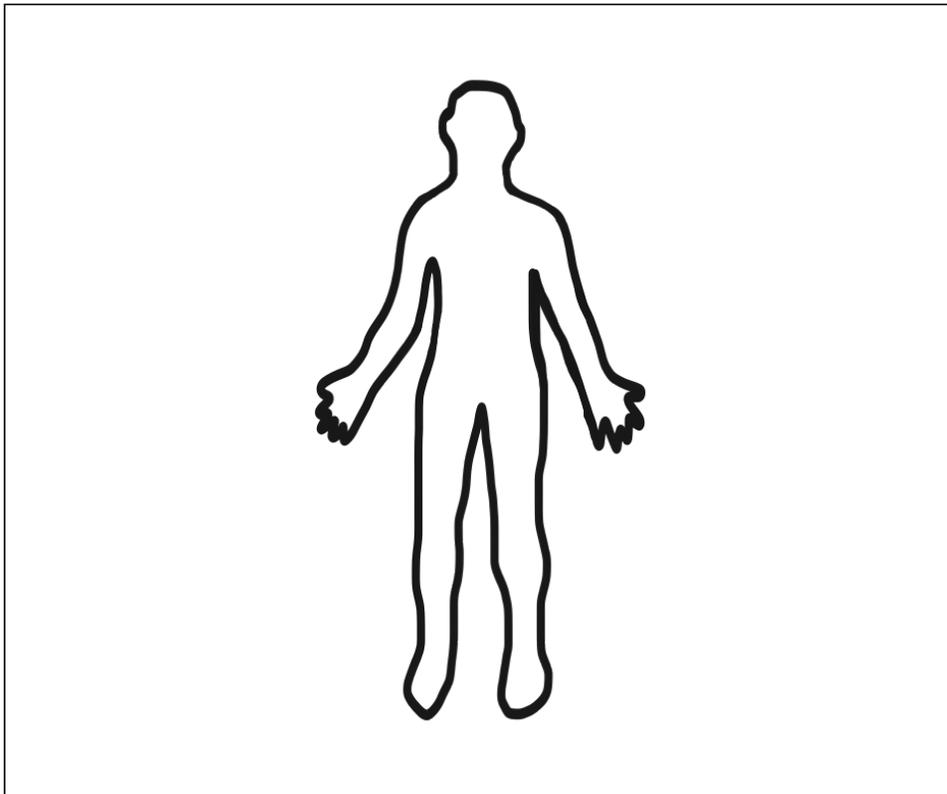
Soon, it is time for Ⓒ _____ to go home. I give them a
big hug. I feel Ⓕ _____ , and my body feels
Ⓖ _____ . I settle back into my safe place and find
gratitude for this day. After a few minutes, I open my eyes again.

Color Yourself HOPEFUL

Even though it is difficult to see it sometimes, **your body is your best ally**. It is your partner in healing, and it is working FOR you (not against you). It's time to shift any negative narratives you have about your body into positive ones. Choose a positive word or phrase to describe your body, then color in your interpretation of that word or phrase in the space below.

My body is... _____

Ex: flourishing, strong, resilient, my best friend, love, sacred, fascinating, etc.



*If you like this,
you might love...*

...these tools included in a Curable app subscription:

**Gratitude for Health | Meditation
Wellness Barriers | Writing Exercise**

MAD LIB

"Dear Symptoms..."

Write down the adjectives, nouns, and verbs of your choice in the blanks below. Then, flip to the next page to fill your answers into the corresponding blanks and reveal a fun holiday letter to your symptoms.

A *noun*
Name you call your symptoms

Ex: Bananas, Overactive Sparkles

B *adjective*
How you used to feel while in pain

Ex: miserable, hopeless

C *noun*
Place you're spending the holidays

Ex: at my house, in Dallas

D *noun*
Place VERY far from where you'll be

Ex: on the moon, in Timbuktu

E *adjective*
A silly insult

Ex: bumbling, pea-brained, dopey

F *noun*
A funny-looking animal

Ex: platypus, llama

G *noun*
Your guilty pleasure song

Ex: "I Wanna Dance With Somebody"

H *noun*
Your signature dance move

Ex: the robot, the woah

I *verb*
Activity you're looking forward to (1)

Ex: playing in the snow, baking cookies

J *verb*
Activity you're looking forward to (2)

Ex: decorating for the holiday, playing games

Dear (A) _____,

You've kept me company for many holidays past. Together, we've spent many nights in feeling (B) _____; but this holiday season, I'd like to make a few changes to our arrangement.

First off, I think we need more time apart. So, for example, if I'm (C) _____, I'd like for you to be (D) _____.

But just in case you decide to show up uninvited, here's what you can expect.

(A) _____, I want you to know that even if you come around at the worst possible time, I can handle you. I'm going to close my eyes and imagine that you are a (E) _____ (F) _____.

Once I'm done laughing at that image, I'm going to shift gears. You might try to follow me around the house, but I won't be able to hear you over the sound of (G) _____ playing. That's right: it's going to be a full-on dance party for one, complete with (H) _____.

I have a lot to look forward to over the holidays, (A) _____. I can't wait to (I) _____ and (J) _____. I'd rather you stay out of all these things, but even if you don't, I am going to do them anyway.

I wish you a very happy holiday (D) _____!

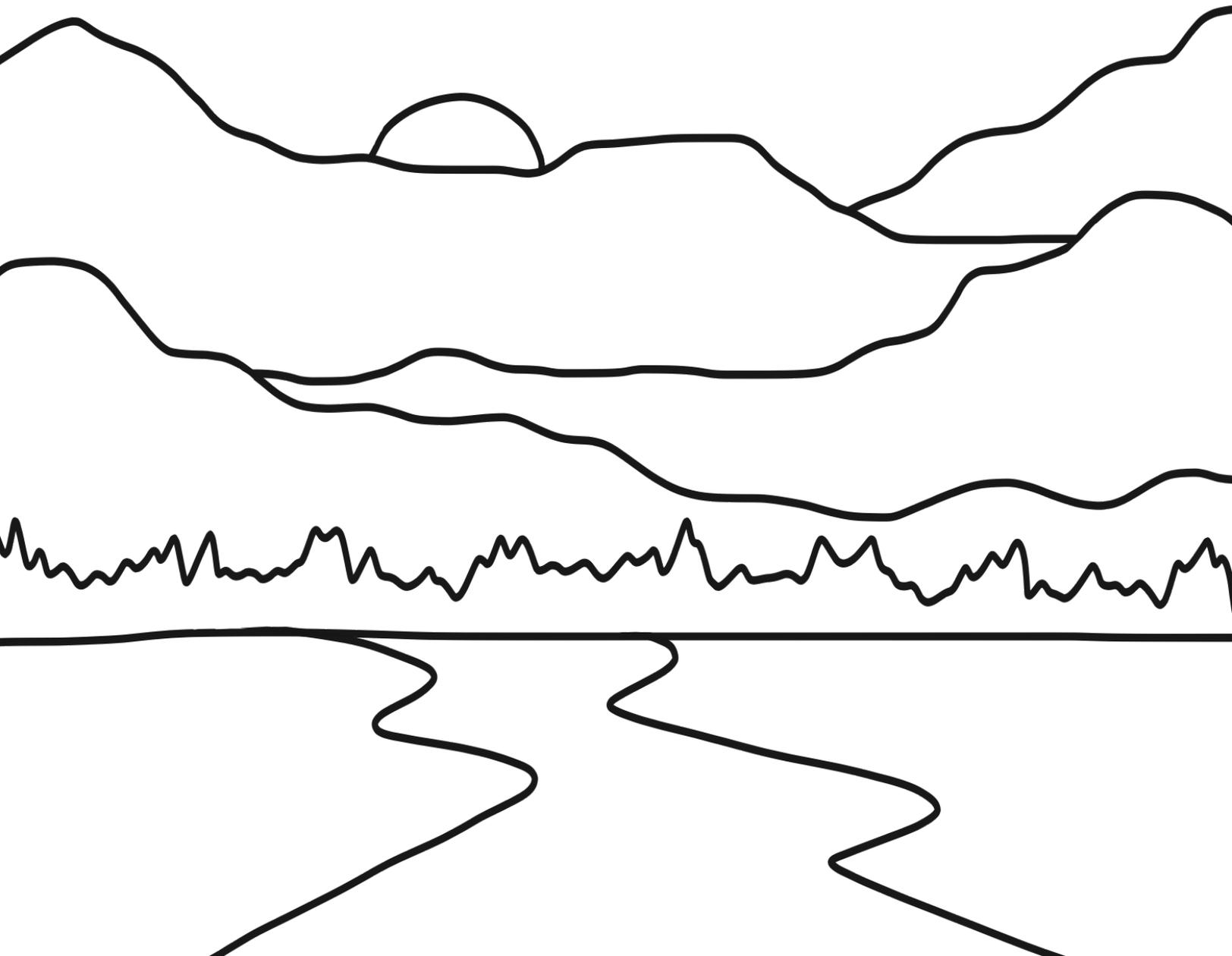
Sincerely,

Your Name

COLOR

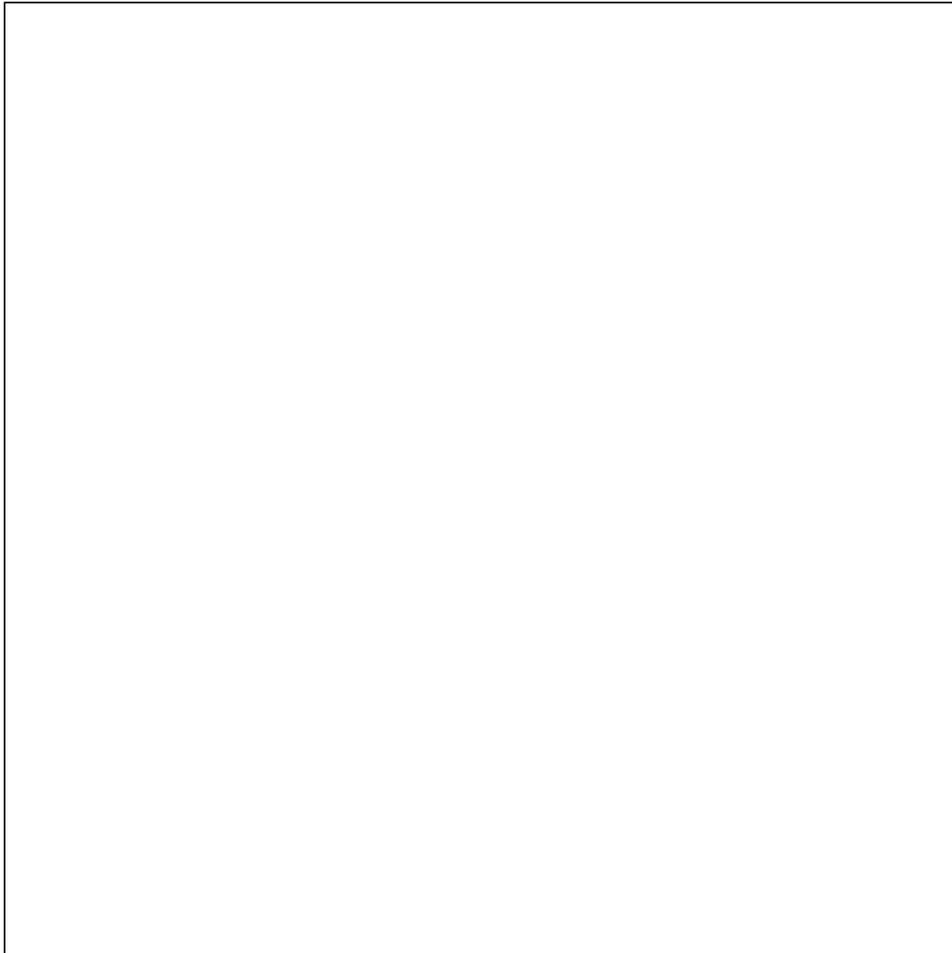
Frustration Away

Need a break from thinking about your symptoms? Coloring can occupy the focus of the brain and help you obtain a natural state of "flow," making it a natural stress reducer. It's a great way to take a break from the mental chatter. Color in the scene below OR grab a blank sheet of paper to start from scratch!



Draw Your Own **SAFE PLACE**

When pain becomes chronic, your brain becomes hypervigilant (and over-responsive!) to potential threats. This is one reason why pain "triggers" tend to intensify as time goes on. To reverse this effect, it is important to cultivate a sense of safety in the brain and body. **Use the space below to draw a place (real or imagined) that makes you feel completely safe and at ease.** Next time you feel your brain kicking into danger mode, imagine that you are there.



*If you like this,
you might love...*

...these tools included in a Curable app subscription:

Safe Place | Visualization Exercise

Defeating Your Pain | Brain Training Exercise