

Pain Tracker

Name: _____




Date: _____

Mindfulness practices have been proven to be highly beneficial to the health and wellbeing of individuals. These practices tend to yield stronger and more potent results when trained daily. Consider visiting torontoconcussion.ca → Patients → Patient Rehab Resources → Mindfulness to find a variety of Mindfulness strategies for you to practice with or ask us about the clinic's Mindfulness Group Counselling sessions.


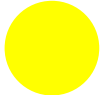

What time of the day did you begin to feel the pain at and when did you begin to use the mindfulness strategy?

Mindfulness strategy chosen to be used. (Describe)

Intensity of pain before using mindfulness treatment strategy. (Circle one)

Green/Low Pain		Pain is Present and noticeable but does not impede functionality.
Yellow/Moderate Pain		Pain is present and noticeable and is beginning to become focus of the mind. Functionality is starting to be impacted.
Red/Intense Pain		Pain is severely impacting functionality and is the only thing that the mind is focusing on.

Intensity of Pain after using mindfulness treatment strategy. (Circle one)

Green/Low Pain		Pain is Present and noticeable but does not impede functionality.
Yellow/Moderate Pain		Pain is present and noticeable and is beginning to become focus of the mind. Functionality is starting to be impacted.
Red/Intense Pain		Pain is severely impacting functionality and is the only thing that the mind is focusing on.