

DEVELOP YOUR OWN

# RESET KIT

A PERSONALISED TOOLKIT FOR  
MANAGING CHRONIC PAIN

*Reduce severity, frequency, & recovery  
of pain flare ups.*

**IN-TENSION**  
MOVE BETTER, FEEL GREAT

# HOW TO USE YOUR RESET KIT

This is your personal toolkit to help you feel more in control during flare-ups, high stress, or moments of overwhelm.

Chronic pain is your nervous system responding to a perceived threat. You're creating a plan to teach it that you're safe, so it can begin to calm down

1. Work through each section
2. Note down what tends to work best for you
3. Use it when you need it
4. Update it as you go

# Comfort or Distraction Tools

Tools to calm your nervous system by promoting positivity.

Examples: comfort series/movie, podcasts, journaling, time with pets, socialising. Laugh, smile, and calm down with these.

**My Tools:**

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# Physical Tools or Aids

Physical tools for relaxation, pain relief, and inflammatory reduction. Examples: TENS machine, acupressure ball, Shakti-mat, hot/cold pack, medication, massage gun, warming balms etc.

**My Tools:**

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# Active Reset Actions

Actions you can take (with or without tools) Examples: stretches, short walk, grounding posture (legs-up-wall), cupping, self-massage, breathing in fresh air

## My Actions:

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# Recovery or De-Stress Strategies

Relax with these. Examples: Shakti-mat, warm shower, cold water immersion, meditation, body scans, guided relaxation, breathing, quiet rest, time in nature

## My Strategies:

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# Supportive Self-Talk

It's important to speak kind to ourselves when we're in pain; our body needs us to be kind. Rephrasing any negative self-talk. Speak kind to yourself, base your language off logic (not emotion), and guide your brain to relax and let your pain go. This is the first thing you'll say to yourself when pain increases.

Examples:

- *"I have handled this before. I know what works for me."*
- *"My body is reacting, not breaking."*
- *"I am allowed to pause. I know how to support myself."*
- *"This is just feedback. I thank my body for communicating so well with me."*
- *"This is my nervous system in overdrive. It doesn't mean my body is in danger or something is wrong. I know how to respond calmly."*

**My Self-Talk Statements (pick/create 2-3 statements)**

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# Going Back to Basics

Self-care actions to reduce inflammation and fuel your body. Examples: drinking water or electrolytes, nourishing snack, rest or nap, enough sleep, adjusting light/sound/temperature

**My Actions:**

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# The People in My Corner

Your support network will be very powerful! Examples: best friend, a parent, peer support group, health professionals (e.g. massage therapist you can book in with)

TIP: choose those who bring positive energy, not negative.

**My People:**

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# MY TOP 5 GO-TOs

The pages above make up your full Reset Kit. It's a range of tools you can turn to when you need it.

But in the moment, it can be hard to remember everything, and it may be overwhelming to choose which tools to go to first.

Your final step is to **choose your Top 5 go-to tools**. These are the ones you know are most effective for you, that you will likely remember and be able to go to straight away

*TIP: Include one of your supportive self-talk statements - and put it at number 1!*

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2.

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3.

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4.

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5.

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# YOU'VE GOT THIS

Your Reset Kit is here to support you not just during pain, but any time you feel overwhelmed, stressed, or anxious.

You've taken the time to create a toolkit that's personal, practical and powerful. Your next step is to use it (as needed).

Keep your Reset Kit somewhere easy to access. Revisit it when you need it. You can add, adapt or update it anytime. It's yours.

Trust your process. Every time you have a "flare up", remember that **you're not going backwards**. You're just learning something new about your body. **Your job is to respond with care, confidence, logic, and intention.**

You've got this.

*Cara*

*Want to see how a Reset Kit works in real life (and what's in mine)? [Click here](#)*





# WHAT'S NEXT?

Now that you've got tools to handle your flare-ups, it's time to explore how to **prevent and overcome pain**.

## ONLINE PROGRAMMES

Step-by-step video courses you can follow from home, designed to help you take control of your pain, improve mobility, and feel better at your own pace.

[!\[\]\(d66ff64371a51729ac8c1cdaa685ba6f\_img.jpg\) LEARN MORE](#)

## 1:1 SUPPORT

Tailored 1:1 sessions that help you understand your body, reduce pain, and develop personalised exercises and habits that keep you moving well.

[!\[\]\(17413706fd4997a1a4bdf85c6864eee1\_img.jpg\) LEARN MORE](#)