

PainWeek[®]

Tiny Habits for Managing Pain: Evidence-based Behavior Change Models

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Disclosure

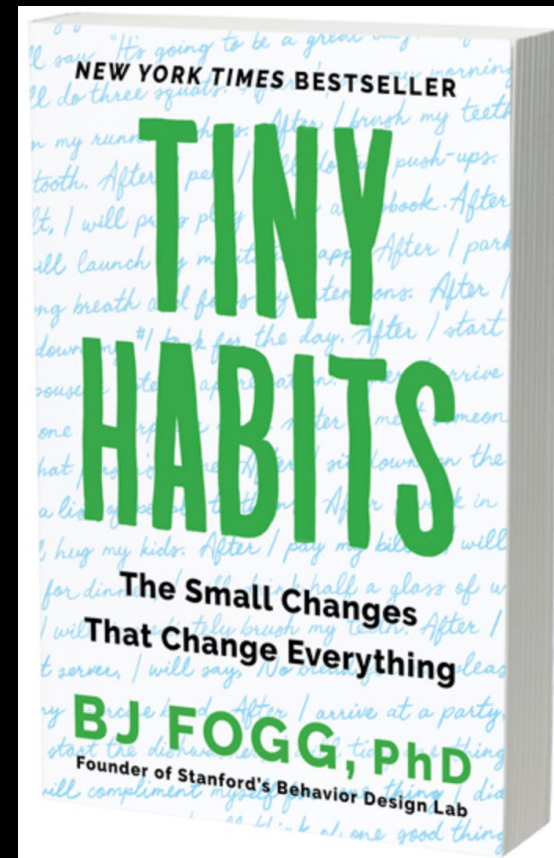
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Learning Objectives

- List the three elements that drive all human behavior according to the Fogg Behavioral Model
- Cite the most important skill for creating new habits
- Summarize the three components of the Tiny Habits method
- Outline Tiny Habit recipes that support a multimodal chronic pain management plan

Overview

This presentation is based on the book, *Tiny Habits, the Small Changes that Change Everything* by BJ Fogg, PhD. He is Founder and Director of the Behavior Design Lab at Stanford University.



Agenda

- Behavior change models: Fogg Behavioral Model
- Behavior change methods: Tiny Habits Method
- Anatomy of a Tiny Habit
- Effective Tiny Habits recipes
- Tiny Habits recipes for managing pain

Activity 1

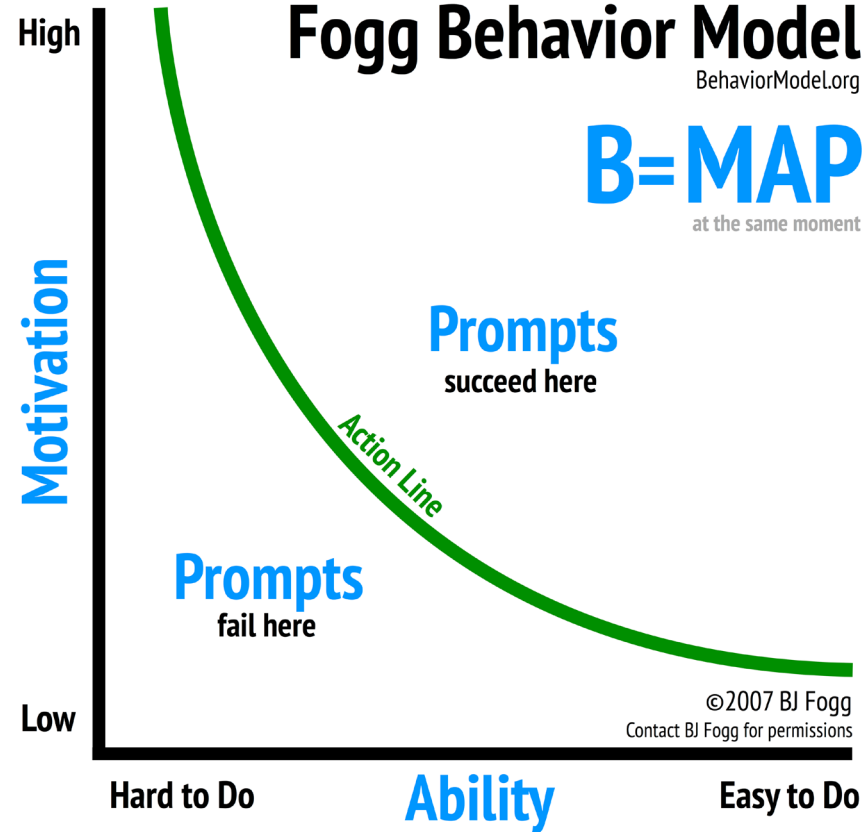
Celebration

Fogg Behavior Model

BehaviorModel.org

B=MAP

at the same moment



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Anatomy of a Tiny Habit - ABC

- **A**nchor Moment
- Tiny **B**ehavior
- Instant **C**elebration

The Tiny Habits[®] Method

After I Anchor Moment, I will Tiny Behavior, then Celebration.



An existing routine in your life that will remind you to do the Tiny Behavior.



The new behavior you want, but scaled back to be super tiny and super easy.



Something you do to create a positive feeling (called "shine") inside yourself.

*Note: Feel free to **revise as needed**. Revision is part of the process.*

Activity 2

Anchor Moments



Anchor Moments

After I ...

Morning

sit up in bed
turn off my alarm
turn off airplane mode
pee
flush the toilet
turn on the shower
dry my body
hang up my towel
wipe out the sink
wash my face
shave my face
brush my hair
weigh myself
make the bed
put lotion on
tie my shoes
put in my contacts
put on my glasses
put on my watch
put on activity tracker
pour myself a cup of coffee
put the tea kettle on to boil

Mid-day or Anytime

hear my phone ring
hang up the phone
wash my hands
drink a cup of coffee
drink a cup of tea
empty my inbox
park the car
turn on my computer
turn off my computer
use the bathroom
hug/kiss my spouse
hug/kiss my kids
sit down
set my pomodoro
check Facebook
make a purchase
greet someone
eat a snack
write my daily task list
open the fridge
open the pantry
put on seatbelt

Evening

unlock my front door
walk in the door after work
hang up my keys
put down my purse/briefcase
put dinner dish in the dishwasher
start the dishwasher
sit down to eat
empty the dishwasher
hang up the dog leash
take out the garbage
play with my kids
help kids with homework
turn off the TV
take my makeup off
get undressed
take off my shoes
say my prayers at night
set my alarm
write in my journal
put my phone on airplane mode
plug in my phone to charge
plug in my computer to charge

Activity 3

Tiny Behaviors

Tiny Habits for Managing Pain

- Maintenance Plan
 - Rehab exercises
 - Medications
 - Exercise/physical activity
 - Stress management
 - Sleep
 - Mindset
- Flare-up Plan
 - Pearl habits

References

- Fogg, B.J.. (2020). Tiny Habits: The Small Changes That Change Everything. Boston: Houghton Mifflin Harcourt.
- [TinyHabits.com/references](https://www.tinyhabits.com/references)
 - https://docs.google.com/spreadsheets/d/1-RRH6iNY1GQq3pQWxdi1Za4f6N68YjcjDHBGHm_CVcY/edit#gid=0.

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