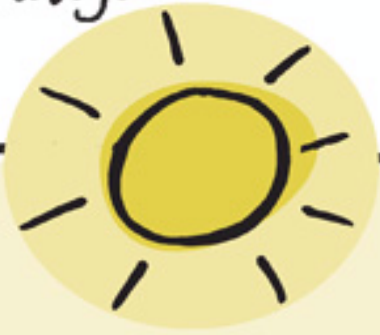


GOOD DAYS AND BAD DAYS

good days



When my wife & I make time to hang out together

When my pain level is 3-4 on a scale of 1-10

When the weather is NOT a trigger to my pain

When I am working in my yard when and how long I want

When I make time for laughter-favs are: Family Guy, Simpsons, Cleveland Show and Two and a half Men

When I hear from my 2 children - calls or

bad days



When the weather temp causes pain in my legs: below 40 causes severe pain & above 85 can cause extreme fatigue.

When I don't get out of the house because my pain level is above 6.

No matter which shoes I wear - my feet are not happy feet!

When my wife is out of town -because she is my rock!

When I focus too much on thinking about my pain.

Divert my attention to humor rather than the pain

Call my kids or wife to talk about things that makes smile

next steps...

Find a book or developer a new routine