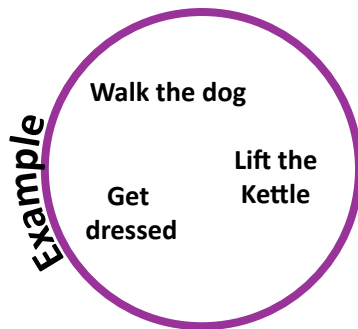


Know your 'bubble'

Use the following tool to get to know your 'bubble' to help you work out why you might be sore and also what you can do about it!

Please read the section about load management before using this tool

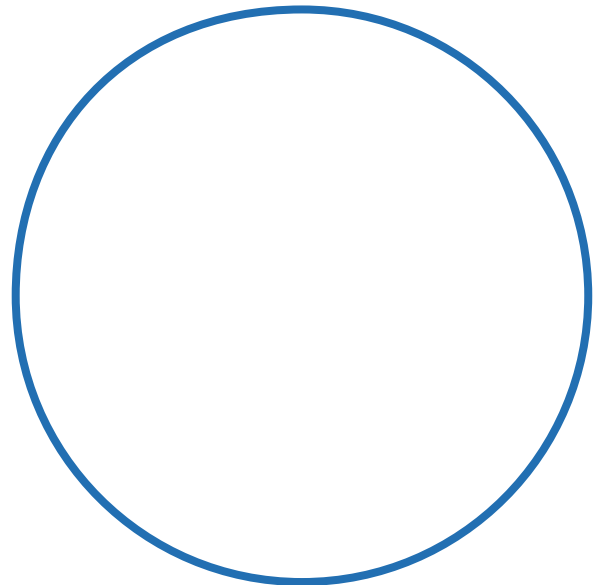
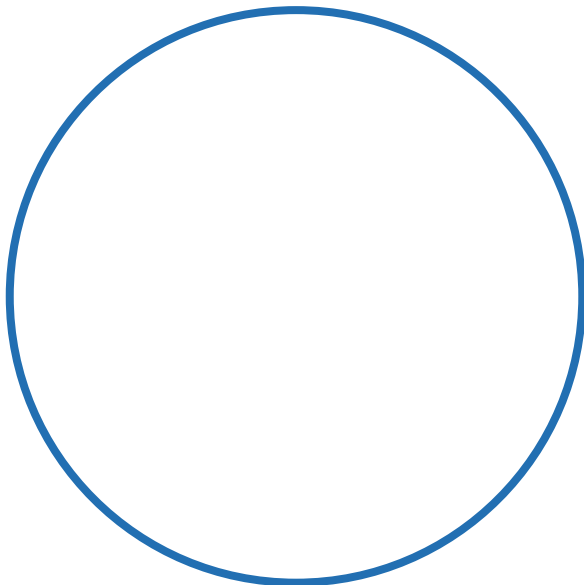
Step 1: Within the bubble, write the things that you used to do that didn't cause you any discomfort. Stay in the lines!



Step 2: Now draw/ write the things that cause you discomfort. Feel free to go over the lines with the things that hurt the most.



Your Turn



Step 3: With the things that are sticking out of your bubble (i.e. the things that hurt the most), try to think of things that you can do to get them 'back in the bubble'. For example, adjusting how you do it / asking for help or doing things for less time before you have a break

Now try putting some of these ideas into practice and see if they help ease/ settle your complaint