

WORKING / NOT WORKING

working



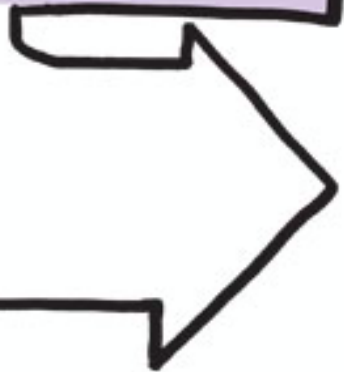
- For KIRK:
- Medications and healthy eating
 - Kirk's pain is at a low (4 on scale of 1-10).
 - A solid good night's sleep - pain has not controlled my ability to sleep.
 - Having fun in my day- laughing with family, friends, co-workers & neighbors.
 - Walking Klondike (my dog).
 - Talking to Jennifer daily when we are apart & hearing from my children-we text each other.



not working

- For KIRK:
- A "7-10" day of pain!! I am not in control of my pain - it is in control of me.
 - Another test-new meds to try!
 - The weather is too chilly (under 39) or too hot (over 90)- increasing my pain level- I don't enjoy working in my yard, running errands, or walking Klondike.
 - Jennifer does not call to check up on my day or I call her and do not hear back from her or my kids.

Follow my docs instructions, call when necessary.
Let my wife know when I need her help- tell her when I am having a bad day.
Always be grateful for life.



next steps...