

# Coping With Pain

**Pain often gets in the way of being physically active.**



**Here are several tips:**

- Talk with your health care provider about options for managing your pain.
- Maintain a positive outlook and make the most of every day.
- Your body is designed to move. Being inactive is a known cause of pain.
- Being active and in shape may reduce or prevent pain. If an activity increases your pain, talk with your health care team.
- Exercise causes the body to produce endorphins, which are natural pain relievers.



- Water activities can be helpful for people with joint and muscle pains. Classes are offered at many local centers or pools.
- Space activities out so that you don't overdo it. If you haven't been doing any exercise, start slowly and increase gradually.
- Pain is often reduced by relaxing and stretching.
- Relaxation tools can be found at bookstores and libraries, online, and as mobile applications, like *Breathe2Relax*.
- Self-help books on managing pain can be found at bookstores and libraries.

