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.