



## Coping Strategies for Pain Relief

Take a vacation from pain! Try these strategies.

- ◆ Take control of your pain – Do not let it control you.
- ◆ Communicate your pain clearly to those who can help.
- ◆ See your doctor.
- ◆ Stay positive
- ◆ Get enough rest. Space out your activities.
- ◆ Use heat or cold applications
- ◆ Use relaxation therapy.
- ◆ Use visualization therapy.
- ◆ Use music therapy.
- ◆ Use vibration therapy.
- ◆ Use physical therapy.
- ◆ Use transcutaneous electrical nerve stimulation (TENS) unit therapy.
- ◆ Use acupuncture.
- ◆ Use massage therapy.
- ◆ Do not suffer in silence!
- ◆ Focus on what you can do rather than on what you can not do!
- ◆ Take your pain medications as directed by your doctor. If they do not work, go back to your doctor and tell him/her.
- ◆ Remember, you have the right to demand adequate pain relief.
- ◆ Ask for a second opinion.
- ◆ Do not give up. Keep trying!

Notes