



## Tips for Dealing with Chronic Pain

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No matter where your pain is coming from, if you're a chronic pain sufferer it can be truly difficult to maintain a healthy day-to-day life. However, there are many things you can try that may make it easier to cope with the pain.

You might even find that your pain has lessened with certain techniques that have nothing to do with prescription medications. Once you **realize how powerful your mind is**, you can teach yourself to cope with pain so it doesn't become the focus of your life.

### Try the following techniques for dealing with chronic pain:

- 1. Engage in activities that you find relaxing.** Find something that will help you ease and loosen your muscles. No matter what kind of pain you're experiencing, if you tense up your body, it only makes the pain worse.
- 2. Meditate and visualize.** Grab some alone time so you can engage in meditation. Start by taking deep breaths and clearing your mind. Avoid placing specific focus on your pain even if you're tempted to do so. Instead, **make it a point to visualize pain relief.**
- 3. Use health-related affirmations.** Affirmations are a great way to communicate positively with your subconscious. Tell yourself that you're in good health and that you've found pain reduction and you may be pleasantly surprised at what you can achieve with just your mind.
- 4. Try hypnosis.** You can enlist the help of a hypnotist or become skilled in the art of self-hypnosis. **You can achieve some seemingly impossible feats just by having the proper focus and thought patterns.** Hypnosis may use some good health affirmations while your mind is in a relaxed and accepting state.

- With hypnosis, you may even begin to feel better before your conscious mind is aware of it!
- 5. Exercise to strengthen muscles.** Depending on the type of pain you're having, exercise may be able to relieve it. For instance, there are muscles you can work through exercise that can lessen back pain.
    - For best results, stay on a routine and remember that exercise is usually toughest at the beginning, but it gets easier the more often you do it. Of course, consult with your doctor before starting an exercise routine.
  - 6. Engage in physical therapy.** There are many excellent physical therapy treatments that can relieve your pain. A combination of exercises and pain-lessening equipment can bring you great relief. Your physician can refer you to a good physical therapist.
  - 7. Use EFT therapy.** The Emotional Freedom Technique (EFT) can show you how to remove mental and emotional roadblocks that could be causing or worsening your pain. ***EFT can be applied to many aspects of your life, and chronic pain is no exception.*** There are many online materials available to help you study EFT Therapy.

No one wants to live life in pain, but these simple pain relief strategies can really help you enhance your quality of life. By taking a holistic approach to your pain, you're more likely to find a healthy balance and a life filled with greater joy, wellbeing, and happiness!