

EASING PAIN DURING A FLARE UP



Pain flare ups can disrupt your life. If you're like other people living with pain, these flare ups can leave you feeling helpless and deflated. After doing so well, you're now overcome with pain and questioning whether you can muster the strength to get through it. Remind yourself that you've been here before and you have figured out ways to cope. Maybe it's calling your pain buddy—your anchor when you need support—praying, doing visualization exercises, basking in the unconditional love of a pet, watching a comedy or listening to your favorite music.

At the very least, mark this page so that next time you have a pain flare up you can read or say the following out loud:

You are strong. You will get through this. Remember, you've done it before.

Understanding what might trigger pain flares and taking note of what has worked in the past to help ease your pain is very important. Take a few minutes to jot down things that seem to cause your pain episodes, as well as steps you can take get relief.

MY PAIN TRIGGERS (e.g., heavy exercise, lifting, sitting in one place for too long):

EASING PAIN FLARES

DATE	WHAT I DID?	DID IT WORK?	HOW DID I FEEL?

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