

# Ease Chronic Pain without Medication

by

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# Top 10 Tips to Ease Chronic Pain Without Medication

Chronic pain isn't an easy condition to handle, but you can take control. Simple changes in your lifestyle, diet, and exercise routines can help ease your pain.

## Try these techniques to experience relief:

1. **Manage stress.** Stress can increase chronic pain and make it more difficult to manage. Try a variety of strategies to relax and reduce stress to see which ones work the best for you. - *Yoga and meditation are two stress-reduction strategies that can help.*
2. **Try breathing exercises.** *By simply focusing on your breathing, you can relax your muscles and reduce pain.* Deep breathing exercises can also reduce blood pressure, eliminate stress, and decrease the heart rate.
3. **Find fun distractions.** Instead of concentrating on the pain, try distractions that help you forget about it. - *Hobbies and activities such as watching your favorite movie or reading a new book can help. You may also want to try drawing or other ideas that help you fill your time and avoid thinking about the pain.*

4. **Increase your water intake.** *Dehydration can make chronic pain worse.*
5. **Avoid inflammatory food.** Fast food and processed food can increase inflammation in your body, so your chronic pain also increases. Foods with a lot of sugar and salt also contribute to inflammation and increased pain.
6. **Add more anti-inflammatory food.** ***Nuts, leafy greens, fatty fish, berries can help you fight inflammation and reduce pain.*** They contain high amounts of antioxidants that fight free radical damage on the cellular level.
7. **Focus on posture.** Posture can help reduce the stress on your back and neck and cut down on chronic pain. - *Consider the way you sit and stand. Experts recommend that you avoid slumping your shoulders and lowering your head. The spine should be straight, which also improves circulation.*
8. **Discuss your health.** Researchers have found that talking about your health can reduce pain. The American Psychological Association points out that talking about your pain can help you discover management techniques. - *By focusing on the improvements you are making you can make a difference in your perceived comfort level.*

9. **Try massage.** Massages can reduce chronic pain by improving circulation and blood flow.
10. **Find support.** Health experts recommend finding support groups that focus on chronic pain. These groups give you the chance to meet others who suffer from chronic pain.
  - *They can offer advice and tips for managing pain. They can also provide doctor and clinic reviews or recommendations. By talking to others who have chronic pain, you can learn new techniques to deal with your pain.*
  - *Chronic pain is linked to anxiety and depression. The social aspect of support groups can also help in coping with these side effects.*
  - *Support groups are less formal settings, and online groups offer privacy and anonymity, so you can feel comfortable sharing your experience.*

Follow your doctor's advice, reduce stress and inflammation, and find support, and you'll feel the pain relief you've been seeking.

# Personal Reflection Exercises...

## Breathing deeply helps me manage pain.



### **Breathing deeply helps me manage pain.**

To help myself manage pain, I use breathing techniques. Increasing the airflow to my body and brain helps me relax my muscles and reduce anxiety.

I empower myself through imagery. My mind is a powerful tool and ***whatever I envision becomes my reality.***

As I take in a deep breath, I visualize myself inhaling strength. ***I fill my lungs up with the power to overcome my pain.*** As the air enters my body, I stand tall with my shoulders slightly back, in a commanding posture. I am empowered against my pain!

With every breath I release, I blow away pain and discomfort. I push the air out of my body with authority. ***I envision pain leaving my body in the air that I release.***

I take long, deep breaths to relax my mind and calm my nerves. I find a quiet place to shut out all the noise and focus on the sound of my breathing. I focus on my posture and notice the speed of my breaths.

I decreased my anxiety by slowing down my breathing. I breathe past my chest and into my diaphragm. When I pause to breathe deeply, I feel the world around me coming to a halt.

With my breathing, I can control the pace of my life. Breathing rhythms help me to get my whole body in sync. I pay attention to how I breathe and I follow a consistent pattern to bring harmony to my inner self.

Today, I chose to take time out for breathing exercises. I reduce my stress and pain through deep, slow breaths.

### **Self-Reflection Questions:**

1. What is the pace of my breathing?
2. Is my breathing short and shallow, or slow and deep?
3. How can I use visualization and breathing techniques to empower myself against pain?

## What's Next?

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*Biggi Fraley*