Learning About Pain

You are not powerless in your relationship with pain, and understanding how pain works is the first step towards taking control.

The 3 M’s of Pain

1) **Movement**

2) **Mindfulness**

3) **Taking a Moment**

For Additional Resources:

Ask your provider about...
- Alternative treatments for pain.
- Group visits for pain.
- Behavioral health support for those experiencing pain.

Or call +211

Free Smartphone Apps to Help:

- **Insight Timer** — Practical tools for meditating.
- **Self-Help for Anxiety Management** — Self-help techniques for managing anxiety.
- **PTSD Coach** — For learning self-regulation exercises and tracking progress.

Movement

**Stretch** (Ideally, every hour)

1) Reach for the sky and move your arms to the side like a tree.

2) Sit on one hand & lean to the opposite side, with the opposite hand on the ear.

3) Lunge forward and breathe.

**Walking** is a good way to reduce chronic pain long term. Try inviting someone to walk with you, or practice involving all of your senses as you walk.

**Yoga, Tai Chi and other Gentle Movement** are also powerful for reducing chronic pain and improving function. Look for opportunities in your community to participate in a class.

Mindfulness

Close your eyes: What do you...

- Hear?
- Taste?
- Feel?
- Smell?
- See?

Take a Moment...

1. **Breathe** in deeply... and as you breathe out, notice how your body is feeling.

2. **Stand Up and Stretch** your arms up above your head, then slowly let them drop to your sides.

3. **Notice Something** that makes you happy, or that you are grateful for.

4. **Open this pocket guide** and explore a new resource.
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1) **Movement**
   - Take a Moment
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   - 2. Stand Up and Stretch your arms up above your head, then slowly let them drop to your sides.
   - 3. Notice Something that makes you happy, or that you are grateful for.
   - 4. Open this pocket guide and explore a new resource.

2) **Mindfulness**
   - Close your eyes:

3) **Taking a Moment**
   - Walking is a good way to reduce chronic pain long term. Try inviting someone to walk with you, or practice involving all of your senses as you walk.

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Resources for Patients and their Providers