

better together.



Support/skill-building groups

bring people who share a common experience together to talk. You'll get to connect with people who are going through similar struggles to share ideas, help one another, and learn new techniques to manage pain such as deep breathing.

close the loop.



Biofeedback may help you calm your mind and control your heart rate, blood pressure, and breathing rate—all things that can contribute to pain. Relaxing and releasing tension can help you feel better.

get moving.



Gentle exercises such as yoga or dancing can help decrease pain by improving your range of motion. Your care team can help you to come up with a personalized routine.

listen to your body.



When pain comes on, decrease activity. Rest can help to reduce certain types of pain by taking the strain off of hurt or overworked muscles or joints. Be sure to ask your care team first, as some motion can help stop pain.

serve yourself.



Dietary changes and optimizing your nutrition can relieve pain in a number of ways. Some diets might reduce bad inflammation for conditions like arthritis, while a weight loss diet might help take some strain off of painful joints.

rub it in.



Massage can reduce stress and tension while improving circulation, letting you heal faster while helping you feel better. Massage can be especially helpful for chronic back and neck pain.

get online.



Discovering **internet resources** can help you to take your care into your own hands, as they allow you to educate yourself about your options. You may find online support networks especially therapeutic.

look within.



Some people find that **mind-body integration practices** like yoga, relaxation, mindfulness, deep breathing, meditation, self-hypnosis, or prayer help them calmly find an emotional center from which to manage their pain more effectively.

keep track.



Online pain trackers or apps can make it easier for you to log your symptoms and keep track of possible triggers. Using a tracker or app can make it easier for you to show your doctor what's wrong.

good posture.



Through **chiropractic care**, experts treat your muscles and bones without surgery or medication. These treatments can be especially helpful for reducing lower back pain and increasing overall mobility.

stretch it out.



Physical therapy can help you recover both your strength and full range of motion, which can help reduce some of your pain. Specialists will teach you exercises to help you heal properly without injury.

so hot. so cool.



Heat can help relax and soothe your joints and muscles, while **ice** is useful for reducing inflammation and numbing pain. (You should ask your provider which strategy is best for you.) You can make your own hot or cold pack out of common household items.

your mind matters.



Counseling or **psychotherapy** gives you a safe place to work out thoughts and feelings that can make your pain worse while helping you learn skills to manage and relieve distress. Ask your doctor if mental health support might help you.

go natural.



Dietary supplements are any vitamins, herbs, or other nutrients that enhance your diet. They might come as caplets, pills, tablets, or liquids and can be found in many grocery stores.

let the energy flow.



Acupuncture uses very small needles to improve blood and nutrient circulation in the body. It can reduce your pain, improve your mobility, and can allow you to take fewer medications.

zap it away.



TENS (Transcutaneous Electrical Nerve Stimulation) uses a low-voltage electrical current to ease pain. It's a small machine that you carry with you—you can even be trained to use it yourself.

Pain treatment isn't black and white.

created as a collaboration between **UC Davis Center for Design in the Public Interest** and **Hill Country Health and Wellness Center**