**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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