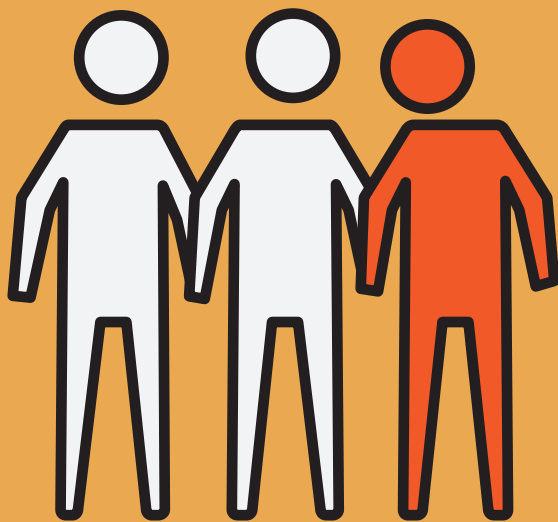


**get better  
together.**



# get better together.

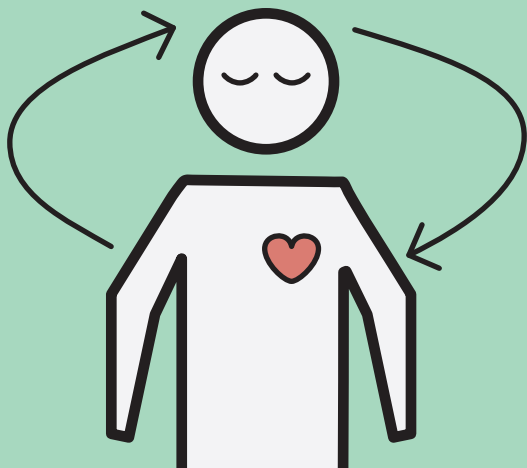
## **Support /skill-building groups**

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.

## **Pain treatment isn't black and white.**

Ask your health care team if this treatment is right for you.

**close the  
loop.**



# 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.

**Pain treatment isn't black and white.**

Ask your health care team if this treatment is right for you.

**get  
moving.**



# get moving.

**Gentle exercises** such as yoga or dancing can help decrease pain by improving your range of motion.

**Pain treatment isn't black and white.**

Ask your health care team if this treatment is right for you.

**listen to  
your body.**



# 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.

**Pain treatment isn't black and white.**

Ask your health care team if this treatment is right for you.



**serve  
yourself.**



# 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.

**Pain treatment isn't black and white.**

Ask your health care team if this treatment is right for you.

**rub it in.**



# 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.

**Pain treatment isn't black and white.**

Ask your health care team if this treatment is right for you.

**get  
online.**



# 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.

**Pain treatment isn't black and white.**

Ask your health care team if this treatment is right for you.

**look  
within.**



# 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.

**Pain treatment isn't black and white.**

Ask your health care team if this treatment is right for you.



**keep  
track.**



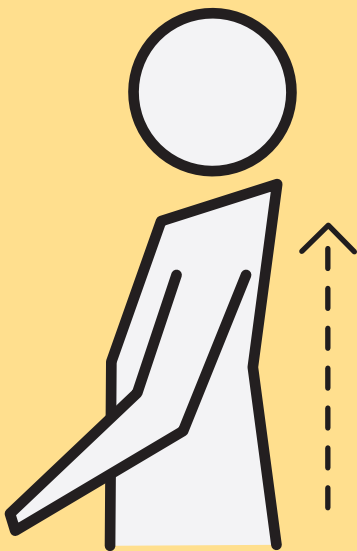
# keep track.

**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.

**Pain treatment isn't black and white.**

Ask your health care team if this treatment is right for you.

**good  
posture.**



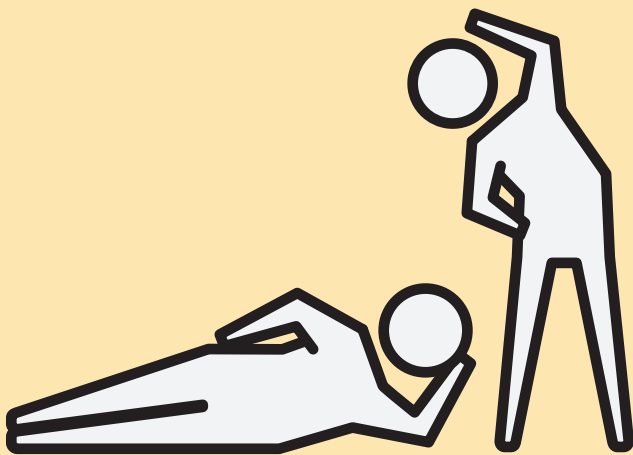
# good posture.

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. Ask your care team if chiropractic care is right for you.

**Pain treatment isn't black and white.**

ask your health care team if this treatment is right for you

**stretch  
it out.**



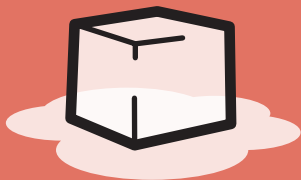
# stretch it out.

**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.

**Pain treatment isn't black and white.**

Ask your health care team if this treatment is right for you.

**so hot.**  
**so cool.**



**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 care team which strategy is best for you.) You can make your own hot or cold pack out of common household items.

**Pain treatment isn't black and white.**

Ask your health care team if this treatment is right for you.



**your mind  
matters.**



# **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.

## **Pain treatment isn't black and white.**

Ask your health care team if this treatment is right for you.

**go  
natural.**



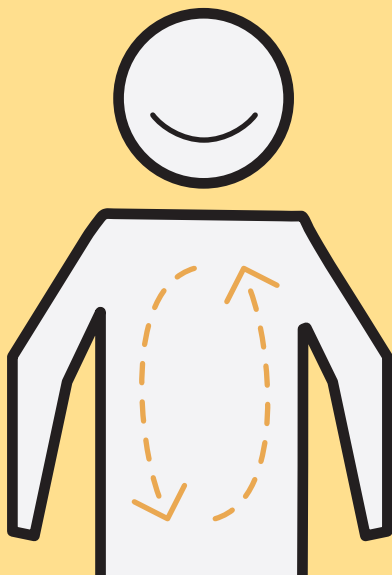
# go natural.

**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.

**Pain treatment isn't black and white.**

Ask your health care team if this treatment is right for you.

**let the  
energy flow.**



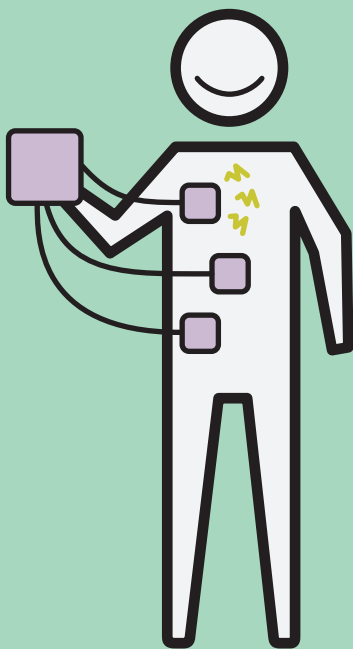
# let the energy flow.

**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.

**Pain treatment isn't black and white.**

Ask your health care team if this treatment is right for you.

**zap it away.**



# 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.**

Ask your health care team if this treatment is right for you.