

64 Tips for Self-Health Pain Management

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Normal body aches, and even some pain from injuries, can be reduced or better managed with a variety of natural, mind-body self-health approaches. Use your common sense when starting any of the suggestions below, and when in doubt, consult your health care professional. For information about counseling see www.DrStasek.com

Stretching

☞ Push only as far as feels safe

- Gently bend forward & back at the waist
- Bend towards floor, let arms hang
- Stand and reach for the ceiling
- Tilt right ear to right shoulder
- Tilt left ear to left shoulder
- Touch chest with chin and hold
- Point nose to ceiling, and hold
- Stand or sit, gently twist torso, look behind you
- Sit, raise leg, point toes to ceiling, then point to wall
- Move wrists in circles
- Make a fist then spread fingers wide
- Use one hand to gently bend the other backwards

Easy Moving

☞ Be in motion for short periods of time

- During TV ads, walk to other end of home & back
- On cordless phone, circle thru home while talking
- Park farther than usual from stores & office doors
- Shift weight while twisting body when waiting in line
- Double the walk distance when taking out trash
- Walk around just one block, then two, then three
- At work, walk to the bathroom every 2 hours
- In grocery store, circle floor plan before shopping
- In lines, rock up onto your toes, back to flat foot
- With gentle music, stand and sway to the beat

Mind Your Mental Messages

☞ Use calming, encouraging self-talk

- Acknowledge when pain isn't as bad as it has been
- Tell yourself pain is body's language, not an enemy
- Ask the pain what it needs from you, & listen to it
- Talk to pain as you would talk to a suffering friend
- Say 'I choose not to...' instead of 'I can't'
- Ask painful body part for its cooperation
- Practice self-forgiveness & gratitude on daily basis
- Say no more often, set boundaries, save energy
- Avoid toxic people and situations
- Try not to resist feeling pain, learn its message

Breathe & Relax

☞ Muscle tension holds pain in place

- Get into the habit of long, slow, deep breaths
- Count to four when inhaling and exhaling
- Breathe down into the belly, feel belly expand
- Notice how shoulders rise and fall with breathing
- Use deep breathing as meditation for 15 minutes
- Focus on relaxing muscles groups, head to toe
- Tense muscles on inhale, then release on exhale
- On inhale: think *healing*; on exhale: think *letting go*

Help From Others

☞ Asking for help is smart, not weak

- Get injury massages as often as possible
- See your chiropractor
- Ask your ND for herbal or energy medicine
- Get cranio-sacral treatments
- Get acupuncture treatments
- Start easy yoga classes
- Start QiGong classes
- Ask housemates to do the heavy lifting
- Accept help carrying things to your car
- Ask for pain medication as needed

Additional Self-Health Options

☞ Try every reasonable thing at least once

- Take long hot showers, focus water on tight muscles
- Take hot baths with Epsom salts to release toxins
- Distract yourself with movies, TV, music, reading
- Meditate with music or guided visualizations
- Nurture your spirit daily, create joy & beauty
- Create orgasms to stimulate natural endorphins
- Try calcium-magnesium supplements
- Try bromelain, curcumin & pancreatin supplements
- Try boswellia -- an ayurvedic supplement
- Drink more water -- 8 cups a day at minimum
- Use alternating heat and cold on pain spots
- Take pain meds on schedule
- Try Rescue Remedy when brand new pain starts