

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.

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



SafeRx Santa Cruz County



Learning About Pain



Resources for
Patients and
their Providers



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



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?



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.



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