



The Top Ten Tips for Managing Pain

1. Learn more about pain.

Understanding how ongoing pain differs from acute pain can give you the confidence to explore other ways of managing it.

2. Challenge negative thoughts.

People often develop unhelpful ways of thinking about pain. Learning about your pain and more information from this website together with information from your GP or specialist will help you change these thoughts.

3. Set some goals.

This will give you something to work towards. Achievement is motivating and improves feelings of self-esteem.

4. Learn how to manage your activity.

Do not push yourself too hard on some days only to suffer for it the next.

5. Exercise.

Your body was designed to move. Staying active can help to reduce pain, improve function and reduce depression.

The Top Ten Tips for Managing Pain. Continued...

6. Find out about local services, activities and support groups.

Ask your pain practitioner for advice or search on
www.somersetpain.co.uk.

7. Ask friends and family for support.

Many people experience some form of long-term pain over
their lives – why not find out what they have to say?

8. Log on to the Communities page on the patient online platform (only available for patients within the pain service).

Communicate with other Somerset Pain Management
Service users.

9. Learn some relaxation exercises.

Anxiety and muscle tension increase pain.

10. Medication.

Understand the limitations of tablets and other medicines.
Think about other ways of managing your pain.