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Tips for Dealing with Chronic Pain

1. Know your energy max out- how many things can you realistically get done in a day without over exhausting yourself? Plan so you don't set yourself up to feel like a failure.

Learn more about how to plan out how much you can do through the upcoming blog post on Spoon theory.



2. Set boundaries- Identify those people who give energy, life and support to you and those who do not. Set boundaries around how much time you give to those who deplete your energy.

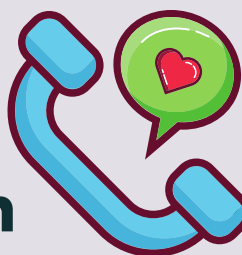


3. Check in with the basics- Are you well hydrated ? Eating regularly? Overindulging in guilty pleasures? Nutrition (including hydration) can significantly impact chronic pain symptoms.



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4. Use your support team Call a friend who knows about your health challenges. Ask for them to just listen while you share what you are dealing with.

5. Use kind self talk- Talking negatively to yourself can impact mental health symptoms and contribute to chronic pain. Try to react compassionately to yourself rather than critically.

