



10 Steps To Managing Chronic Pain



A trail of four black footprints leading upwards and to the right.

1

Create a Grateful Journal

Every day, write down 5 things you are grateful for.

Examples: beautiful weather, warm home, family, friends.

A trail of four black footprints leading downwards and to the right.

2

Keep Yourself Busy

Distract yourself from pain so you enjoy life more.

People who sit and think about their pain, feel more pain than those who keep busy.



5

Reduce Stress

A stressful life can make chronic pain worse.

4

Exercise

Try to exercise for 30 minutes each day.

Examples: walking, arm motions, dancing, berry picking, hunting.

3

Healthy Diet

Eating healthy food helps your body feel good.



6

Meditation

Meditation or yoga calms the mind and body. It helps to reduce pain.



7

Talk with a Friend


It helps to have a close friend or family member to talk with about your pain.



8

Steam or Bath

Take a steam or bath to relax your muscles and mind.



10

IMPACT Group

Go to the IMPACT lunch group and meet others dealing with chronic pain. You are not alone.



9

Stop Smoking, Chewing and Drinking Alcohol

Alcohol can worsen sleep problems.

Smoking and chewing tobacco or *iqmik* can make pain worse and decrease healing.





Yukon Kuskokwim Health Corporation

YKHC's IMPACT program offers the following services for chronic pain management:

- Acceptance and Commitment Therapy
- Progressive Muscle Relaxation
- Deep Diaphragmatic Breathing
- Cognitive Stress Management
- Guided Imagery
- Cue-Controlled Rapid Relaxation

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