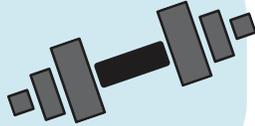


# 8 DAILY HABITS To Reduce Pain

## Exercise

It may seem counterintuitive to exercise when you are in pain, but the benefits you feel from exercise can actually be quite substantial. As you exercise, you release natural endorphins which have been shown to help reduce pain sensations.



## Meditation

Meditation can help you relax, reducing feelings of stress, releasing tension in your muscles and allowing for the release of endorphins, which naturally reduce pain sensations.



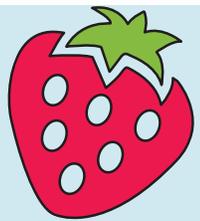
## Quit Smoking

In case you needed another reason to stop smoking, studies have proven tobacco abuse can increase pain sensations, slow healing, worsen circulation and increase disc damage and disease.



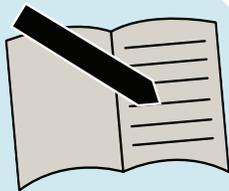
## Healthy Diet

Eating well can help your body to heal and allow you to keep your body strong and healthy. A healthy diet can help maintain an ideal weight, aid digestion and prevent risk for disease.



## Keep a Pain Journal

Keep a pain journal where you document your pain score every day, keeping tabs of what caused your pain to increase and decrease. Take your journal to your doctor visits so your doctor can help you find ways to reduce pain.



## Participate in Life

Living with pain does not have to define who you are. In fact, you might find the best prescription for pain is keeping your mind off of the pain by doing other activities. Get involved by joining a local club, taking a class or trying a new activity.



## Schedule Time Off

Just like you schedule appointments, be sure to schedule quiet time to yourself. This means no smart phone, Facebook or television. Use this time to reflect on the positive parts of your day and to clear your mind.



## Be Vocal

Tell your family and friends what you are feeling and how they can help you; whether it is helping to make meals or doing laundry. Ask for help when you need it and talk to your doctor to learn coping strategies that can help you manage your pain effectively.

