Understand How Pain Works

Nurture Relationships
- Involve friends, family, and colleagues in the healing process
- Decreases fear

Increase Movement
- Walking, Yoga, Stretching, Aerobic Activity
- Increases positive self-image

Accept
- Set realistic goals/expectations
- Decreases frustration

Practice Good Sleep Habits
- Better sleep
- Decreases isolation

Forgive (Self and Others)
- Decreases anger

Cultivate Gratitude
- Refocus on the good

Practice Mindfulness Meditation
- Increases acceptance

Find a practitioner of Cognitive Behavioral Therapy
- Decreases catastrophizing

Decreased Pain

Decreases less pain
- Less pain
- Less fatigue
- Better sleep

Decreases fear

Decreases isolation

Decreases frustration

Decreases anger

Decreases isolation

Decreases catastrophe