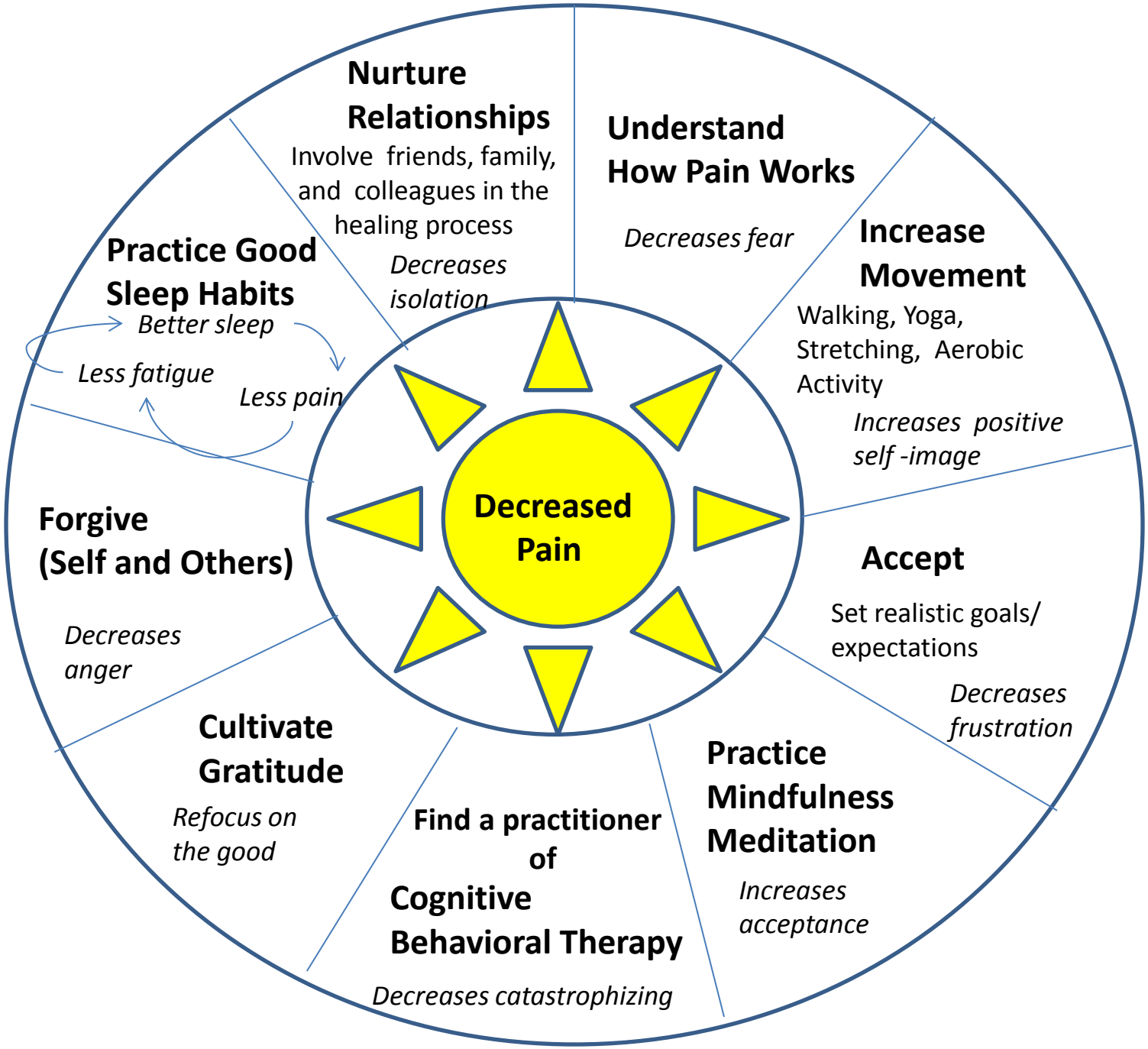
Nurture Relationships
Involve friends, family, and colleagues in the healing process
Decreases isolation
Understand How Pain Works
Decreases fear
Increase Movement
Walking, Yoga, Stretching, Aerobic Activity
Increases positive self -image
Accept
Set realistic goals/ expectations
Decreases frustration
Practice Mindfulness Meditation
Increases acceptance
Find a practitioner of Cognitive Behavioral Therapy
Decreases catastrophizing
Cultivate Gratitude
Refocus on the good
Forgive (Self and Others)
Decreases anger
Practice Good Sleep Habits
Better sleep
Less fatigue
Less pain
Decreased Pain