



Living Well with Pain Toolkit

Pain can stop you from doing what is important to you. Here is a list of strategies that can help you to feel in control of your pain and get back to doing those things that are meaningful to you.

☐ Relax:

- ☐ Take a slow belly breath
- ☐ Squeeze and release muscles
- ☐ Imagine being or moving in a safe place
- ☐ Use a tennis ball or foam roller to release tight muscles

☐ Use touch:

- ☐ Gentle self massage
- ☐ Trace ABCs or shapes onto your skin
- ☐ Use light touch or vibration on sore areas

☐ Use your five senses:

- ☐ Light a scented candle and watch the flame
- ☐ Drink a cup of tea, paying attention to the smell, taste, and warmth
- ☐ Listen to your favourite music, and/ or sing along
- ☐ Visit an art gallery or museum
- ☐ Make a collage of beautiful places
- ☐ Bake something and pay attention to the smell

☐ Helpful thinking:

- ☐ Write a list of things and/ or people you are grateful for
- ☐ Imagine a wall between you and your pain
- ☐ Practice kindness towards yourself
- ☐ Do something that makes you laugh or smile

☐ Move

- ☐ Move your body in a safe way
- ☐ Change positions
- ☐ Find a way to support yourself (using a brace, rolled up towel, or ergonomic workstation)
- ☐ Conserve your energy (planning ahead, pacing, or breaking down a task into small steps)
- ☐ Go for a walk
- ☐ Do stretches, strengthening exercises
- ☐ Take an exercise class or watch a video (yoga, Tai Chi, or Pilates)
- ☐ Get outside and put your hands in the earth

☐ Engage with your community

- ☐ Use spiritual practices such as prayer
- ☐ Do something nice for someone you care about (e.g. make a special meal or send a nice message)
- ☐ Brush a loved one's hair

☐ Care for yourself

- ☐ Have a warm bath or soak your feet
- ☐ Put on a nice outfit or makeup
- ☐ Wrap yourself in a warm blanket
- ☐ Listen to your favourite music