

Living well with chronic pain

Control what you can control

Things you can control

Focus on these

Understanding how pain works.

Changing how you think and feel about pain, and how you respond to it.

Accepting the pain.

Not being afraid of the pain.

Being aware of what you listen to, read, and watch to avoid negativity and drama.

Being kind to yourself and others.

Taking active responsibility for your care.

Not verbally expressing or complaining about the pain.

Not wallowing in the pain.

Not placing blame for the pain.

Staying away from people who only want to complain about pain.

Not sharing your pain with others.

Reducing stress.

Eating right.

Moving more and increasing your activity level.

Moderating what you do.

Modifying what you do.

Being grateful – focus on what you have, not what you’ve lost.

Developing better sleep habits.

Preparing for a flare in advance so it doesn’t overwhelm you.

Things you can’t control

Don’t focus on these

Pain.

Imaging test results.

Past medical interventions.

Past painful experiences.

What other people say or do.

Weather.

Cultural and family norms.

Socio-economic background.

Demographics (sex, age, ethnicity, etc.).

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