

# 50 ways to live well, despite chronic pain

## *What's in your toolbox?*



1. Walk
2. Reduce stress
3. Confront negative thoughts
4. Be kind to yourself
5. Be kind to others
6. Moderate activity
7. Use positive self-talk – stay positive
8. Relax
9. Enjoy nature
10. Be mindful
11. Thank God each day
12. Laugh frequently
13. Breathe deep and slow
14. Maintain good sleep habits
15. Limit pain behaviors
16. Exercise (other than walking)
17. Smile
18. Reward yourself
19. Get out of the house
20. Create a daily plan
21. Modify activity
22. Give and get hugs
23. Keep your crack in the crack  
(sit upright in chair)
24. Be a role model
25. No napping or limited napping
26. Accept help, if needed
27. Say no
28. Do tai chi
29. Stay grounded
30. Try easy yoga
31. Don't allow yourself to be a victim
32. Pet a dog or cat
33. No rumination
34. No catastrophizing
35. Be a friend
36. Volunteer
37. Get out of bed
38. Play a game
39. Do art
40. Set goals
41. Forgive someone (including yourself)
42. Stretch
43. Eat healthy
44. Try intermittent fasting
45. Watch a movie
46. Do random acts of kindness
47. Talk with a friend
48. Meditate
49. Say "I can do this"
50. Visit [chronicpainchampions.com](http://chronicpainchampions.com)  
to get more information and resources