

# 50 ways to live well, despite chronic pain

## *What's in your toolbox?*



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

Visit [chronicpainchampions.com](http://chronicpainchampions.com) to get more information and resources