

## *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
- 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.)
- Genetic make-up



**Learn more**

[chronicpainchampions.com](http://chronicpainchampions.com)