

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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