



# Better Safe!



WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

## Disease & Pain MANAGEMENT

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**A**ging brings many rewards and challenges; one of the most common challenges is pain. Short-term pain, less than 3 months, is typically related to an acute episode of some problem, and usually goes away with the assistance of simple over-the-counter medications. Pain longer than 3 months presents more significant issues. This pain is usually caused by an underlying chronic problem. Specific treatment and rehabilitation, including complimentary or integrative medicine, may eliminate the pain and bring you back to work at your pre-problem level. But, sometimes you must learn to deal with pain that will not go away.

### Living With Pain

A pain-free life may be unrealistic, but developing a lifestyle that reduces pain and increases a sense of control over pain is a realistic goal. You should think about how you can improve your body's functioning, and minimize intentional damage. General recommendations about overall health including daily physical activity, maintaining normal weight, and improving your diet are very important for general pain management.



Your mind also plays a major role in how you cope with pain, and you can change your thinking to make pain more manageable. Reducing stress, building strong relationships, and focusing your attention on the pain is a strong beginning. By paying attention to pain, you gain some awareness of its scope, and increase your sense of control over it. You should also develop several behavioral skills including deep relaxation and meditation. Developing a mind/body approach will make your pain more manageable, and your life more enjoyable.

### Managing Your Pain and Your Life

Use your mind and body to manage pain. Do these simple but important things, and you will increase your control over the pain in your life.

1. *Improve your overall physical condition so your body will work as it was designed.*
2. *Keep your weight within normal range; this stresses your body the least over time.*
3. *Eat quality wholesome foods as they provide fuel for rebuilding and rebalancing your body systems and can reduce inflammation throughout the body.*
4. *Reduce stress by focusing your work and life activities on your priorities.*
5. *Learn and practice relaxation techniques; deep breathing, mental imaging, meditation, yoga.*
6. *Listen to your pain; it may be a clue to something that needs adjusting in your life; either overuse, underuse, or emotional tension.*
7. *Finally, have and support friendships; these increase the pleasure and joy in your life and the pain will move into the background of your existence.*



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