

Help Reduce Pain Naturally

Pain Management Techniques

1

Engage in **PLEASANT ACTIVITIES**

2

Incorporate **EXERCISE** to help release natural endorphins

3

Learn **DEEP BREATHING** or **MEDITATION** to help relax

4

QUIT SMOKING! It can worsen painful circulation issues

5

GENTLE STRETCHING exercises may help to reduce low back pain

6

Some facilities may offer transcutaneous electrical nerve stimulation (**TENS**) that uses electrical impulses to **STIMULATE NERVES** in order to relieve pain

7

Get fitted with properly **SUPPORTIVE FOOTWEAR**

8

Discuss the possibility of **PHYSICAL THERAPY** OR **OCCUPATIONAL THERAPY** with your physician to address pain

9

Incorporate **ESSENTIAL OILS** with supervision of a medical professional. **LAVENDER** essential oils can alleviate anxiety and promote sleep **ROSEMARY** essential oils can reduce inflammation and boost memory **PEPPERMINT** essential oils rubbed on the temples can relieve tension headache pain **GINGER ROOT** can accelerate recovery from exercise and has been used with cancer patients undergoing chemotherapy to alleviate nausea

10

Music Therapy and **PET THERAPY** can offer relaxation as well.

