

Journey to Wellness — A free self-guided healthy living program

Take charge of your pain



Chronic pain is pain that lasts longer than three months. It can affect any body part and can be mild, moderate or severe. Many things, including injury, illness and infection, can cause chronic pain. It can also be caused by nerve damage or changes in how the brain processes pain signals.

Symptoms of chronic pain

The symptoms of chronic pain can vary depending on the cause and severity of the pain. Common symptoms include:

- Aching
- Burning
- Cramping
- Fatigue
- Mood changes
- Numbness
- Sleep problems
- Stinging
- Throbbing
- Weakness

Treatments for chronic pain

Chronic pain treatment is not one-size-fits-all. The best treatment will depend on the cause of your pain and your personal needs. Common treatments include:

- Acupuncture
- Biofeedback
- Cognitive-behavioral therapy
- Exercise
- Physical therapy
- Prescription pain relievers
- Occupational therapy
- Over-the-counter pain relievers like ibuprofen or acetaminophen
- Surgery

Information adapted from: "Biofeedback," "Chronic pain: How it works," "Chronic pain: Medication decisions," "Chronic pain: Take steps to regain your life," "On pins and needles: Just what is dry needling?," "Pain Rehabilitation Center" and "Pathways through persistent pain: Tips for managing chronic pain"

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Living with chronic pain

Living with chronic pain can be challenging, but there are things you can do to take charge of your pain and improve your quality of life. Try these:

- Get regular exercise. Exercise helps to reduce pain, improve mood and boost energy levels.
- Eat a healthy diet. Eating a healthy diet can help reduce inflammation and improve overall health.
- Get enough sleep. Sleep is essential for healing and pain management.
- Try relaxation techniques. Relaxation techniques, such as deep breathing and meditation, can help to reduce stress and pain.
- Attend a support group. Talking to others who understand what you are going through can be helpful and supportive.

Talk to your doctor about your pain and how it affects your life. Your doctor can help you develop a treatment plan and provide resources and support.

Many people experience chronic pain and understand what you're going through. Remember that you are not alone, and resources are available to help you.

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