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Psychological Services for Physical Well-Being

MANAGING PAIN WITHOUT MEDICATIONS

- Use positive self-talk (Say: “I’m in pain, but I will still go to the party”)
- Find or improve your social support network
- Explore any meaning or spiritual purpose in your pain experience
- Avoid all or none thinking (Don’t say: “I’m either able to do what I used to, or I’m useless”)
- Use journaling to vent and explore feelings and frustrations (and try to find any upside of your pain)
- Plan pleasurable activities to distract you from focusing on pain
- Add exercise to your routine (with doctor’s approval)
- Try deep breathing twice a day (and when pain hits hard)
- Find ways to reduce stress in your daily life (especially on days when the pain flares up)
- Consider yoga, massage, or progressive muscle relaxation as ways to reduce physical and mental stress
- Take an active role in your medical care (and take responsibility for improving your quality of life)
- Accept that pain is subjective – your pain is the worst pain for you



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