

8 Tips Managing Chronic Pain



The goal of chronic pain management is to help you have the best function and quality of life possible.

1. Stretch, practice good posture and move gently

2. Stay active with a routine

3. Reduce and manage stress

4. Pace yourself by not doing too little or too much

5. Address other conditions like anxiety and depression

6. Do things/activities you love doing

7. Stay connected with others

5. Get the sleep you need

For more information visit:

<https://www.cdc.gov/learnmorefeelbetter/programs/chronic-pain.htm>