

Patient Comfort Menu

What can I do to improve my pain besides taking medication?

Pain affects our minds as well as our bodies. Sometimes pain can be so severe that it interferes with our ability to do normal daily activities, like washing the dishes. It can also cause us to feel down or sad. Select a few things from the list that you can try the next time you're in pain to keep it from interfering with your life.

What can I do to promote comfort and relaxation?	How can I distract myself?
<ul style="list-style-type: none"> <input type="checkbox"/> Take slow, deep breaths <input type="checkbox"/> Listen to music or other relaxing sounds <input type="checkbox"/> Think of a happy memory or use guided imagery with the help of a friend or a YouTube video <input type="checkbox"/> Ask a friend to give you a gentle massage <input type="checkbox"/> Reposition yourself <input type="checkbox"/> Stretch or go for a walk <input type="checkbox"/> Take medications as prescribed <input type="checkbox"/> Adjust your room temperature with a warm blanket or fan <input type="checkbox"/> Adjust the lights or window blinds in your room <input type="checkbox"/> Eat a healthy diet, drink enough water, and get plenty of sleep <input type="checkbox"/> Let your family or friends know if you feel down 	<ul style="list-style-type: none"> <input type="checkbox"/> Read a book <input type="checkbox"/> Color a picture <input type="checkbox"/> Watch TV or a movie <input type="checkbox"/> Talk to a friend <input type="checkbox"/> Do a puzzle <input type="checkbox"/> Listen to music <input type="checkbox"/> Play with a pet <input type="checkbox"/> Anything else you like to do that will take your mind off the pain
<p>What if I am still uncomfortable?</p>	
<p>Let your nurse or doctor know if your pain is still not controlled. They may have other suggestions for things you can do to relieve your pain.</p>	

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