

## Chronic pain affects all parts of your well-being.

### Body

Trouble doing daily activities

*“It’s so hard, eh? It’s exhausting when you’re in pain.... it’s so tiring.”*

### Mind

Feel angry, frustrated, sad

*“You feel shamed for feeling this, not being able to do certain things... That’s probably [the] biggest challenge – mental.”*



### Heart

Trouble connecting to others

*“I kind of keep to myself. I don’t want nobody else to know that, I’m in pain all the time.”*

### Spirit

Feel hopeless

*“And then sometimes the pain and everything gets so bad. And sometimes I just, cry ‘cuz there’s nothing else to do.”*

## A note on stress and trauma

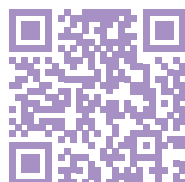
**STRESS** is when you feel worried, tense, or upset from a difficult situation. **Stress can make your pain worse.**

**Managing stress is an important part of managing chronic pain.**

**TRAUMA** is a reaction to a shocking, scary, or dangerous experience like an act of violence or a car crash. It can have a long-lasting negative effect on your emotions and health.

**Healing from trauma is a powerful tool for wellness and better control over your pain.**

Consider talking with a trusted Elder or a mental health counselor about ways to manage stress or trauma.



Scan to access online resources

FOR MORE HELPFUL TIPS AND RESOURCES GO TO:

[gct3.ca/social/health/chronic-pain](https://gct3.ca/social/health/chronic-pain)

or visit your local Health Access Center



# Managing chronic pain

heart | mind | spirit | body

Based on stories from Grand Council Treaty #3 communities



In partnership with:



## Chronic pain is best managed using a combination of treatments.

Here are actions for heart, mind, spirit and body that have helped people in your community to live well with chronic pain.

### Body

- Exercise, movement
- Eat nourishing food
- Stretch or do yoga
- Sleep, rest
- Tylenol, Advil, muscle relaxants
- Creams, salves
- Hot or cold packs
- Physiotherapy
- Massage, chiropractor
- Acupuncture
- Electrical stimulation machine
- Eat traditional foods
- Traditional medicines

*“That’s the key right there for arthritis – exercising. Walking, riding bike.”*

### Mind

- Stay strong, don’t give up
- Take it one day at a time
- Focus on what you can control
- Be open, try different things
- Meditation, deep breathing
- Visualize healing

*“Physically I don’t have much control over it. Mentally I do. I rely on my culture. I rely on meditation. I rely on things that keep me mentally OK. Because pain can be debilitating for your body, but it can be debilitating for your mental status as well.”*

### Heart

- Spend time with family
- Be gentle on yourself
- Attend community events
- Support someone in your community
- Talk to a trusted Elder
- Visit with community members

*“Sharing is part of the healing.”*

### Spirit

- Think of what you are grateful for
- Offer tobacco or pray
- Pass knowledge on to the next generation
- Talk to a trusted Elder or Traditional Healer
- Participate in Ceremony
- Drum, sing
- Connect with the land and water

*“...and the ones that I teach is my grandkids... I show them what to do. And... it makes me feel better when I see them do that...”*

