

Actions for Heart and Mind

HEART ACTIONS to Manage Pain:

- Spend time with family
- Call a friend
- Attend community events
- Visit with community members
- Make music or art
- Find an online support group or forum
- Support someone in your community
- Be gentle on yourself
- Write down your emotions in a journal

MIND ACTIONS to Manage Pain:

- Bring calm to the mind and body
- Relaxation, deep breathing
- Mindfulness practice
- Focus on the things that matter to you
- Learn about and use stress management techniques
- Talk to a psychologist, mental health therapist, counselor, or a trusted and respected Elder



Actions for Spirit and Body

SPIRIT ACTIONS to Manage Pain:

- Offer tobacco
- Pray
- Participate in Ceremony
- Practice gratitude
- Talk to a trusted Elder or Traditional Healer
- Drum, sing
- Connect with the land and water
- Learn or practice your ancestral language
- Take part in a cultural activity or event

BODY ACTIONS to Manage Pain:

- Movement, physical activity (exercise, dancing, stretches, yoga, physiotherapy, occupational therapy)
- Physical ways to relieve pain (hot or cold packs, massage, chiropractor, acupuncture, electrical stimulation machine)
- Nutrition (nourishing food, traditional foods, avoiding foods that cause inflammation)
- Sleep and rest (relaxation practices, pacing yourself)
- Medicines (Tylenol, Advil, muscle relaxants, creams, salves, Traditional medicines)