

Chronic pain cannot be seen

Because chronic pain cannot be seen, people are often not believed, not taken seriously, or misunderstood.

Maybe you have been told things like:
“It can’t be that bad.” or “You look fine.”

“ I don’t know how many doctors
I’ve dealt with where they’re
pretty much calling you a fake. ”

This may make you feel:

- Lonely
- Frustrated
- Sad
- Angry

Just because you can’t see the source
of the pain does not mean it is not real.

*“there is help out there”
“don’t give up”*

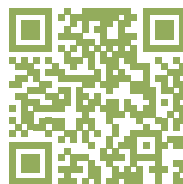
A note to family and caregivers

When caring for someone with chronic pain, it is important to also take care of your own needs and feelings. Consider talking to other caregivers or a trusted Elder for support if you are feeling overwhelmed.

INFORMATION FOR CAREGIVERS:

ontariocaregiver.ca/resources-for-indigenous-caregivers/#Education

Call 1-833-416-2273 (CARE)



Scan to access
online resources

FOR MORE HELPFUL TIPS AND RESOURCES GO TO:

gct3.ca/social/health/chronic-pain

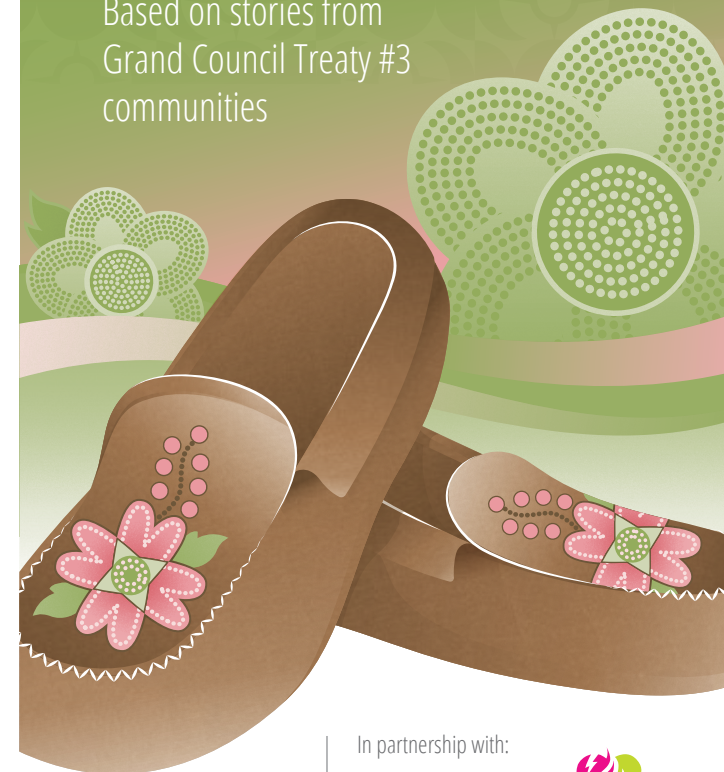
or visit your local
Health Access Center



What is chronic pain?

heart | mind | spirit | body

Based on stories from
Grand Council Treaty #3
communities



In partnership with:



What is Chronic Pain?

Chronic pain is pain that lasts for more than three months.

Pain may be felt all the time – or it may come and go across the day or across weeks. It feels different for everyone.

Chronic pain may come from an injury like a car accident or a chronic medical condition like arthritis or diabetes. Sometimes there is no known cause.

According to Traditional wellness, chronic pain may also come from emotional or spiritual imbalance and trauma.

When to seek care

Most people living with chronic pain find ways to adapt their lifestyle and activities.

But, if your pain gets worse over time or makes it hard for you to do your daily activities, consider seeking care from a doctor or Traditional healer.

Some community members find Traditional wellness and healing practices helpful in managing chronic pain.



Others use Western medical practices, alternative healing practices, or a combination of Traditional and Western healing practices to manage their pain.

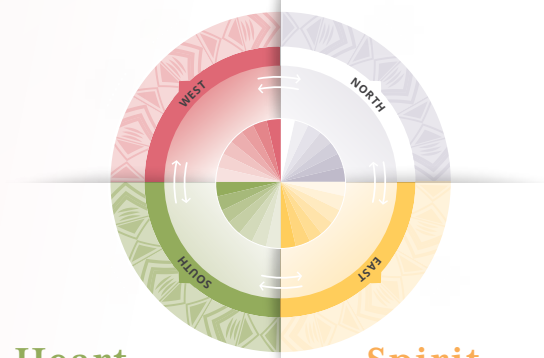
Whatever approach you take, consider including wellness practices for heart, mind, spirit, and body because chronic pain affects all parts of your well-being.

Body

Trouble doing daily activities

Mind

Feel angry, frustrated, sad



Heart

Trouble connecting to others

Spirit

Feel hopeless

Finding what works for you takes time and may involve trying new things.

“It was trial and error [in] a lot of ways – with my diet, my mental health, my... everything – exercise. Actually my whole being really.”

It is unusual for chronic pain to go away completely but you can find ways to lower your pain and improve your ability to carry out your daily activities.

Chronic pain is a disease that you CAN learn to manage.

It is possible to live a good life with chronic pain.

“I do call it a journey because it’s learning [about] yourself and learning how to adapt to that pain.”