

Chronic Pain

Pain that continues after your body has healed. It can also occur with conditions like arthritis or diabetes. Pain becomes chronic when it continues for longer than 3 months. Lifestyle factors may make chronic pain worse and can include:

- Inactivity
- Stress
- Using tobacco (cigarettes, pipes, chewing tobacco)
- Poor sleep
- Poor eating habits
- Substance use (alcohol, street drugs)



Chronic Pain Can Impact All Areas of Your Life.

You may find that pain limits you from doing your daily activities like cooking meals, doing the laundry, cleaning your home, and playing with your children/grandchildren. Performing duties at work may be difficult. Your personal relationships can become stressful. Chronic pain may also worsen your other medical problems.

What Can You Do?

Treating chronic pain begins with ways you can manage your pain and reduce the effects the pain has on your life. This is called self-management and includes the following:

What You Can Do

General Health Activities



- Practice mindfulness
- Work on healthy relationships
- Get a good night's sleep every night
- Eat healthy foods
- Move your body every day
- Stop smoking and other tobacco products
- Do activities you enjoy

Pain Management Strategies



- Posture – standing/sitting up straight
- Lose weight if you are carrying some extra pounds
- Eat more vegetables and fruits
- Practice deep breathing and relaxation
- Attend pain management classes
- Join support groups