

# Self Help in Pain

**Here are some suggestions for ways in which you can help yourself between appointments with your doctor or while waiting for another medical opinion**

- Learn to believe that your pain is what you say it is. People in pain are often disbelieved, especially when there is no obvious cause for the pain.
- Pain makes you tired, sad, irritable and difficult for others to live with. Explain this to your family and friends so that they realise that they are not to blame for your being short tempered and unhappy. Learn to feel secure in the love and support of your family and close friends.
- Learn the art of relaxation and work at it daily. Relaxation tapes may help you master the skill. In Pain Concern's *Factsheet* you will find details of relaxation tapes which other pain sufferers have found helpful.
- Get professional advice on appropriate exercise. Many people in pain are afraid to exercise not realising that it is vital to help improve muscle tone and achieve a feeling of improved fitness. Exercise encourages the production of endorphins. These are natural chemicals produced by the body which have a direct influence on the reduction of pain.
- Set goals for yourself and make them achievable by breaking them down into workable parts, i.e. by increasing the distance walked day by day. You will feel more confident as you become more successful.
- Read positive and encouraging literature. There are some excellent introductions to self help — go to [Pain Concern](#) for details.
- Enquire from your doctor about the availability of local pain relief services such as pain clinics and multidisciplinary pain management programmes.
- Become a member of Pain Concern and have contact with other chronic pain sufferers both locally and throughout the UK. There may be a local support group which you can join.
- Remember, "A journey of a thousand miles must begin with a single step" Lao-tze 550BC.