

## Managing stress is an important part of managing pain.

Here are some tips to help reduce stress in your life.

### Healthy Lifestyle

<b>Get moving</b>	Exercise is an effective and natural stress reliever.
<b>Get lots of sleep</b>	Schedule 9 to 10 hours of sleep per night.
<b>Develop healthy routines</b>	Do not skip meals. Prioritize healthy food options. Avoid too much caffeine, energy drinks, or sugary snacks.
<b>Make time to relax and have fun</b>	Encourage pleasurable activities and schedule time for fun with friends and family.

### Healthy Behaviors

<b>Learn activities to relieve stress</b>	Relaxed breathing, progressive muscle relaxation, yoga, or listening to music.
<b>Spend time in nature</b>	A trip to the park or a hike in the woods is a great way to soak up some sunshine and recharge your batteries.
<b>Create a balanced schedule</b>	All work and no play is a recipe for burnout. Try to find a balance in your daily life.

### Healthy Relationships

<b>Schedule time for group activities</b>	Join a community group or attend a faith based gathering.
<b>Express your feelings</b>	Instead of bottling them up, help your child identify their emotions and talk about how they feel.
<b>Make your home a relaxing place.</b>	Focus on reducing conflict.

### Healthy Thinking

<b>Reframe and Re-think problems</b>	Try to view stressful situations from a more positive perspective. For example, rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup while listening to your favorite radio station.
<b>Look at the big picture</b>	Take a perspective of stressful situation. Ask yourself how important it will be in the long run. Will it matter in a month? Is it really worth getting upset over? If the answer is no, focus your time and energy elsewhere.
<b>Practice gratitude</b>	When stress is getting you down, take a moment to reflect on all the things you appreciate in your life.
<b>Adjust your standards</b>	Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others.

## Develop a Stress Toolbox

Fill it with your fun ideas and try to do one every day, even if you're not feeling well.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Go for a walk   | <input type="checkbox"/> Spend time in nature | <input type="checkbox"/> Call a good friend     |
| <input type="checkbox"/> Listen to music | <input type="checkbox"/> Get a massage        | <input type="checkbox"/> Write in your journal  |
| <input type="checkbox"/> Practice yoga   | <input type="checkbox"/> Take a long bath     | <input type="checkbox"/> Relax with a good book |
| <input type="checkbox"/> Watch a comedy  | <input type="checkbox"/> Savor a warm drink   | <input type="checkbox"/> Light a scented candle |
| <input type="checkbox"/> Play with a pet | <input type="checkbox"/> Work on a hobby      | <input type="checkbox"/> Work in your garden    |

These instructions are only general guidelines. Your health care providers may give you special instructions. If you have any questions or concerns, please call your health care providers.