



Often have negative thoughts and feel down?

Feel anxious or worried?

Avoid doing things you enjoy?

Here are some tips for improving your mood



Counseling can help



Learn to manage stress



Engage in fun activities



Make a plan



Reframe negative thoughts



Practice relaxation techniques



Spend time with friends, family, and pets

www.oregonpainguidance.org/paineducationtoolkit



With small changes you can slowly lift your mood and quiet your pain.



HOW PAIN AND MOOD WORK TOGETHER:

Pain and mood are closely linked. Pain can make you feel stressed, down and worried. You may feel isolated or alone. These things can make pain worse. With some guidance and practice you can make small changes that will gradually lift your mood and improve your pain over time.

HOW TO HELP WITH STRESS:

Stress has a direct impact on our bodies. When we quiet our response to stress, we release the body's natural chemicals that calm the brain and body and decrease pain. When you slow your breathing and relax your muscles, you slow your heart rate and quiet the stress response, which quiets your pain.

Change how you respond to stress. Your mood and pain will improve with even small, positive changes.



> DO SOMETHING FUN

- Find meaningful activities that you enjoy or find new hobbies
- When you do things you enjoy, you begin to rewire your brain



> SPEND TIME WITH FRIENDS, FAMILY, AND PETS

- Connect with friends who are fun to be around
- Children and pets can be great stress relievers
- Remember to thank your family and friends for their support



> PRACTICE RELAXATION TECHNIQUES

- Mindfulness and meditation can calm the mind and the body
- Deep breathing calms your body's emergency response system
- Many great relaxation apps are available



> CHANGE NEGATIVE THOUGHTS

- You can improve your mood by changing negative thoughts
- Focus on the positive points of your life
- Maintaining a positive attitude keeps pain from interfering with your happiness



> COUNSELING CAN HELP

- Often people with pain can feel sad, anxious, or fearful
- Talk therapy can help you manage your pain by changing your thoughts, emotions, and actions
- Two common types of therapy are Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT)

Be patient with yourself. Each step, no matter how small, adds up.

My short-term goal:

Steps to reach my goal:

Find more ways to help with your pain:
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