

A HEALTHY LIFESTYLE FOR PAIN MANAGEMENT

WHAT YOU SHOULD KNOW

LIVING A HEALTHY LIFESTYLE can make a difference in how you experience pain and in how you heal. **You should try to:**

- Move and stay active, incorporating exercise into your daily routine
- Practice healthy eating by sticking to a plant-based diet rather than processed foods
- Manage stress by staying mindful of your mental well-being
- Get at least seven to nine hours of sleep every night
- Drink enough fluids to stay hydrated — 15.5 cups a day for men and 11.5 cups a day for women

Aerobic exercise for 20 minutes on a stationary bike reduced the pain perception for more than 30 minutes for patients with chronic low-back pain.

Source: Research conducted at the University of California, Davis

UNDERSTANDING WHAT A HEALTHY LIFESTYLE CAN DO FOR YOU

Benefits

Exercise such as walking:

- Increases muscle strength
- Improves flexibility
- Increases range of motion
- Boosts blood flow to soft tissues
- Reduces stiffness

Plant-based diet:

- Helps you maintain a healthy weight
- Reduces risk of heart disease
- Can reduce inflammation

Reducing stress:

- Helps you take control and cope
- Can be done through meditation and deep-breathing exercises

Getting enough sleep:

- Improves mental and physical function
- Helps you learn, work, and think better

Drink enough fluids:

- Lubricates and cushions joints
- Protects sensitive tissues

Keys to Success

- Identify areas where you need to change
- Set realistic goals for your pain relief
- Create a plan to change unhealthy habits
- Make small changes at first
- Develop a routine that works for you so that you can stick with it
- Look for handicap-accessible locations, if necessary

GET HELP TO LIVE HEALTHIER TO MANAGE CHRONIC PAIN

Work with your health care provider to determine the best way to start changing the things in your life that can help you get and stay healthy.

In Delaware, a Chronic Pain Self-Management Program is available to you to help you learn how to live healthier to manage chronic pain. The program is conducted at federally qualified health centers and hospitals by specially trained teachers, and is open to adults of all ages and abilities.

- Workshops are held for six weeks, in small groups, and are in handicap-accessible locations.
- Sessions are highly interactive and led by professionals.
- Self-management programs are designed to work with existing programs or treatments.

Talk with your health care provider about how you can begin to live a healthy lifestyle. To enroll in the Chronic Pain Self-Management Program at a location near you, visit HelpsHereDE.com/Prevention.

