## Pain Management Monthly Calendar

1. **Pleasant visualization.** Imagine taking a walk through a beautiful, peaceful scene.
2. **Eat mindfully.** Enjoy a delicious meal while taking time to savor the sight, smell, texture and taste of every bite.
3. **Laugh!** Listen to some comedy, watch a funny movie or TV show or go out with friends. Let loose with a good belly laugh!
4. **Check out myStrength.org** for chronic pain tools and do one exercise.
5. **Get physical therapy** – and be sure to do the practices at home.
6. **Be ergonomic.** Make sure your home and work areas are set up properly to reduce strain.
7. **Use your senses:** See. Notice three things with your sense of sight – a beautiful sunset, light peeking in your window, white puffy clouds in the sky – that give you joy.
8. **Eat fruits and veggies.** Enjoy healthy foods with antioxidants to reduce inflammation.
9. **Try yoga.** Improving flexibility and balance can help with pain and stiffness.
10. **Pace yourself.** Is it time to take a break?
11. **Use your senses:** Touch. Notice three things with your sense of touch – a soft cat, a smooth pebble, a cool stream – that give you joy.
12. **Water yourself.** Set a goal to replace one cup of coffee, tea, or soda with a tall cool glass of water.
13. **Relax your breathing.** Inhale slowly and deeply while pushing your stomach out, and exhale even more slowly.
14. **Relax before bed.** Try a warm bath, calming music and scents. Avoid electronics and harsh lighting.
15. **Take a gratitude moment.** “I’m grateful for…” (Give at least 3 answers.)
16. **Be “scent-sible”** with aromatherapy. Essential oils such as lavender, chamomile, eucalyptus, peppermint and rosemary can relieve pain.
17. **Use your senses:** Taste. Notice three things with your sense of taste – a fresh strawberry, crunchy cracker, creamy avocado – that give you joy.
18. **A daily act of kindness can help others and improve your outlook.**
19. **Healing touch:** Treat yourself to a professional massage or recruit a family member or friend.
20. **See your therapist to improve your mental health.**
21. **Spend time on your favorite hobby** – photography, gardening, arts and crafts, reading, etc.
22. **Get moving – take a walk!**
23. **Use your senses:** Smell. Notice three things with your sense of smell – fresh coffee, freshly cut grass, a rose from your garden – that give you joy.
24. **Mindful moment:** Check out a mindfulness app (Insight Timer, Stop Breathe & Think, or Mindfulness Coach).
25. **“Stick to it!”** Acupuncture can be quite effective for pain relief.
26. **Try guided relaxation audios or videos.**
27. **Get outside in nature.** Watch birds, pet a dog, lie under a tree or feed ducks at a park.
28. **Mindful moment:** Take 5 minutes to focus on the positive.
29. **Practice the skills you are learning in therapy every day.**
30. **Use your senses:** Hear. Notice three things with your sense of hearing – a child’s laughter, a symphony, the sound of your bicycle wheels in the rain – that give you joy.
31. **Take your pain medications as prescribed.**

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