Treatment Options for Pain - Beyond Medications, Surgery and Injections.

Options for Developing a Personal Toolbox of Pain Solutions.

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Use knowledge about chronic pain to validate you experience, understand treatment options, and empower you to be your own best advocate.

Optimize your sleep it may improve energy levels, pain coping and mood. Lifestyle changes
Eat well, use appropriate
alternative and complimentary medicine, find
help to quit smoking

and more.

Cognitive-based psychotherapy (CBT) cannot alter pain but many, many people find it dramatically alters how much they suffer from their pain. Use this and other resources to help with anxiety, depression, anger, and fear.

Getting the right kind of support from your spouse and from others who have chronic pain can reduce the burden of chronic pain and offer alternative perspectives. In this section, find provincial phone numbers for housing, help with work, and help with disability forms & options.

Use gentle exercise and progressively increase activity to optimize weight, reduce stress and to improve tolerance, fatigue, and sleep.

and breathing exercises will reduce your pain, calm your nervous system, reduce stress & improve your sleep.

Mindfulness, yoga,