



How do you treat pain?



There are a variety of ways to keep pain under control besides taking medicine. Below are just a few strategies you can use to treat your pain without prescriptions or over-the-counter drugs.



Relax

Activities that promote relaxation, lift your mood, and induce sleep can all take away from physical pain. Music therapy is scientifically shown to manage pain, as well as reduce any anxiety or depression.

Distract

It is often helpful to focus your thoughts away from pain by engaging in an activity you enjoy. Art therapy is one way you can express yourself creatively and take your mind off your pain and/or discomfort.



Tactile methods

The use of heat or cold packs, as well as gentle massaging, can be effective for easing mild to moderate pain. Changing your body position can also soothe painful areas.

To find out more about alternative pain management strategies, visit:
www.PediatricTrauma.org/MedicationSafety