

## 5 WAYS TO

# REDUCE NEGATIVE PAIN THOUGHTS



## IDENTIFY NEGATIVE THINKING

Try to recognize when you have negative thoughts about your pain: Does it make sense? Can you change it?



## POSITIVE SELF-TALK

Talk to yourself like you are talking to your best friend about their pain - how would you encourage them!



## PRACTICE MINDFULNESS

Be fully present of what you are doing to manage your pain and be aware of your feelings and thoughts when in pain.



## HEALTHY LIFESTYLE

Aim to exercise about 30 minutes per day, get enough sleep and practice managing your stress - these will all help you to manage your pain.



## POSITIVE ENVIRONMENT

Surround yourself with people that you like who are positive.