

WHAT WE HAVE LEARNED

In 30 years of helping each other, we have learned a lot. Here is a bit of that wisdom:

- We need support from others who have experienced and understand chronic pain.
- Recognizing our emotions helps us to better understand ourselves.
- While pain is not “all in our heads,” positive outlook and mindset can make a difference.
- We need to learn how to relax. It helps control tension and turns our attention to issues over which we can gain some control.
- Staying active, within realistic limits, helps keep us flexible and strong, and it can lessen our sense of suffering.
- It is important to set realistic goals and chart our progress toward achieving them.
- Chronic pain involves the person with pain *AND* their family/caregivers.
- Sharing others’ similar feelings and experiences with pain lessens our feeling of being alone.
- No feelings are wrong.
- Half the battle is won when you begin to help yourself.