



Personal Strengths & Assets

- I know a lot about my condition and how it impacts me.
- I can help others who deal with chronic pain.
- I am open to trying new things that could help me feel better.
- I love being active and spending time outdoors.

- Online research
- Chronic pain support groups
- Type out my support needs to share with others
- Chat with my doctor online
- Mail order pharmacy
- Telehealth

- My two dogs, who I call Thera-Puppies, provide compression for my legs and help to distract me from pain.
- My family & friends help me get out and about and provide a lot of emotional and physical support.
- Co-workers support me by being flexible if I need to adapt my workday to address pain & wellness.

- Virtual Restorative Yoga classes
- Online shopping and grocery pick-up
- Massage Therapy
- Community Center: Swimming
- Mental Health: Emotional freedom technique (EFT)/ Therapeutic Tapping
- Community Acupuncture

- Medical Insurance: Prescription medication, referral to Pain Clinic
- Physical Therapy

Manage My Chronic Pain Condition

Technology

Relationships

Community Based

Eligibility Specific

