

8 ways to cope with chronic pain

Goal of this Website:

To create and develop a “one stop shop” for learning ways to better manage chronic pain and illness. To provide resources that may be helpful

in achieving better health and obtaining emotional and spiritual growth.

Coping with a Chronic Illness

Create a support system.

Educate yourself and others.

Don't give into peer pressure.

DON'T PUSH YOURSELF TOO HARD.

TAKE YOUR MEDS TO-GO.

Manage your pain.

Be open.

Do not let it define you.