

## STRATEGIES FOR CHANGING YOUR PERSPECTIVE ON PAIN WITH MINDFULNESS

- Remember that although pain may not be, suffering is optional.
- Surrendering to the fact that the situation is as it is, whether you like it or not: this is not the same as resignation or giving up.
- Instead of exhausting yourself with distraction, try exploring the pain with interest and curiosity.
- Increase your awareness of the qualities of your pain, e.g., “sharp, stabbing, burning, pulling” and try not to use loaded descriptors such as “awful, horrible.”
- Begin to notice that pain levels are always changing.
- Trust that, since other people have made it through this, you can too.
- Remember that you are not your pain.
- There is more right with you than wrong with you.
- You may discover spaces between the pain sensations where you may rest.
- Explore your greatest fears and practice acceptance and letting go.
- Accept setbacks and go on.
- Use healing imagery such as imagining yourself grounded like a mountain that stays rooted to the earth regardless of the weather around it.
- Expand your compassion for all people, including yourself.
- Trust that you will be able to handle whatever happens.
- Notice that, if you’re doing your best, that’s the best you can do anyway.
- Realize that it’s very likely not as bad as your worst thoughts about it.
- Ask yourself if you are truly taking care of yourself – be open to new ways of self-care.
- Be open to the problem/pain as a great teacher and making a contribution to you or others in some way.