

NORMALIZING PAIN

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What is normal?

Normalizing pain in your life means understanding and accepting yourself as you are today. You no longer define yourself and your experiences as those without pain would define themselves and their experiences.

What is normal for you today?

- planning your day according to the level of your pain.
- When feeling stressed and unable to focus on tasks, allow yourself to breathe and take time to focus.
- When it is hard to start and finish tasks on time – allowing yourself to not finish if feeling ill; it can wait.
- Spending more time on your own and finding new hobbies/interests.
- Asking for help with tasks – learning humility.
- Setting realistic limits for participating in social functions (bring ice/hot pack, lie down).
- Allowing yourself to change plans if you are not feeling well.
- Learning gratitude.
- Maintaining an ongoing, flexible treatment plan.
- Honoring yourself by taking care of yourself today.