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Subject: FW: Taking good care of yourself
Date: January 23, 2013 at 6:46 PM
To: lauren.walker@comcast.net

LW

From: painACTION [mailto:info@painaction.ccsend.com] **On Behalf Of** painactionnewsletter
Sent: Tuesday, January 08, 2013 6:32 AM
To: Lauren Walker
Subject: Taking good care of yourself

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January 8, 2013 | ISSUE 178



- NEWSLETTER -

Welcome to the painACTION Newsletter

Help us make painACTION better!

Would you take ten minutes to share your thoughts with painACTION? We're asking readers to take a brief online survey about the words you use to talk about pain. Your answers will help us make it easier for you to find information on the painACTION website. [You can take the survey here.](#)

Managing chronic pain also means taking good care of yourself. Reducing stress on your mind and body can help reduce your pain.

Nutrition and pain

Nutrition plays a bigger role in managing pain than you might realize. Some foods make pain worse – and for many people, extra pounds also mean extra pain. Ice cream and brownies may make you feel good while you're eating them, but they can make things worse in the long run. In this lesson, you'll learn how to

CONTENTS

- [Nutrition and pain](#)
- [How to relax in ten minutes](#)
- [Share what you've learned—Voices of Experience and personal stories](#)
- [ACTIONStep -- Facts about opioid medications](#)
- [Register now](#)
- [Learn more about painACTION](#)
- [Submit your suggestions](#)

UPCOMING

Next issue:

Bolstering your resiliency

LINKS

- [painACTION](#)
- [Inflexxion](#)

[choose foods that can help you feel better overall.](#)



How to relax in ten minutes

Research shows that deep relaxation can also help people with pain feel better. In this lesson, we show you how to use *deep breathing* and the *relaxation response* to [help control your pain](#).

[Back to top](#)

Share what you've learned—*Voices of Experience* and personal stories

painACTION.com has launched a new series of articles called *Voices of Experience*. Each article will be based on a conversation between a person living with chronic pain and a health educator here at painACTION. The articles will focus on how to continue enjoying activities, relationships, and life itself. We hope that these shared strategies will help others with chronic pain. We posted our first conversation, about [enjoying the holidays](#), in December.

painACTION also continues to publish personal stories written by people with chronic pain. In these essays, you can write about any aspect of your life with chronic pain – good or bad. You can [read the stories others have written here](#).

Here are some topics that we'd like to hear about from you:

- Parenting with chronic pain
- Relationships and sex with chronic pain
- Traveling
- Communicating with your healthcare providers
- Asking for help at your work or vocation
- Parties/socializing
- Overcoming the blues

Do you have a personal story to share, either in a written story, or in a *Voices of Experience* interview? [Email us](#) to learn more about contributing to painACTION.

[Back to top](#)

ACTIONStep -- Facts about opioid medications

Opioid medications are often prescribed for people with chronic

Opioid medications are often prescribed for people with chronic pain. They can be very effective at reducing your pain, but they need to be taken carefully. This one-page flyer gives you some basic facts about opioids. You can use it to help you talk with your doctor or healthcare provider about your medicine. You may even want to print it out and take it with you to your next appointment.

[Facts about opioid medications](#) is #3 in painACTION's series of education handouts on medication safety.

[Back to top](#)

Registration

[Register](#) at the painACTION website to get information tailored to your interests and needs.

[Back to top](#)

Learn more about painACTION

[Take a Tour](#) of the painACTION website.

[Back to top](#)

Do you have suggestions for future painACTION topics?

[Let us know what's on your mind.](#)

[Back to top](#)

Upcoming

Bolstering your resiliency

[Back to top](#)

Did you know that you can share the articles and lessons on painACTION with your family and friends? There's a "Share" button on the left side of every page that lets you share using email, Facebook, Twitter, Google, and other social media tools.

AN INFLEXION SOLUTION

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You should consult your physician or other qualified health provider if you have questions about a medical condition. If you think you have a medical emergency, call your doctor or 911 immediately.

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