

From: Lauren Walker [mailto:lwalker@inflexxion.com]
Subject: FW: How to bolster your resiliency
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To: lauren.walker@comcast.net

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From: painACTION [mailto:info@painaction.ccsend.com] **On Behalf Of** painactionnewsletter
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To: Lauren Walker
Subject: How to bolster your resiliency

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- NEWSLETTER -

Welcome to the painACTION Newsletter

Bolstering your resiliency

When you bounce back from difficulties, it's called "resiliency". Some people recover more easily than others, but you can build your resiliency by doing things you enjoy. Spend time with people you love, finish up a task, or just take a moment to sit quietly in a peaceful spot—all of these things can boost your resiliency. In this article, you can learn more ways to [add to your resiliency workout!](#)

Gender, pain, and intimacy

What do you want your partner to say when you talk about your pain? Do you look for comfort and empathy, or do you want a problem solved? It turns out that men and women may want different things. Take an extra moment to ask yourself: Is my partner asking me to fix this, or asking me to understand his or her feelings? When you can give your partner the right response, it can help you feel closer to each other. This article lays out some ways men and women may think differently, and [how couples can bridge the communication gap.](#)

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UPCOMING

Next issue:

Healthcare decision-making

LINKS

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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, while coping with chronic pain. We hope that these shared strategies will be useful to others. Our first conversation, [about enjoying the holidays](#), appeared 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 [personal stories others have written here](#).

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

Topics we hope to cover in the coming months:

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

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ACTIONStep—How to manage opioid side effects

Opioid medications are often prescribed for people with chronic pain. They can be very effective at reducing pain, but they **can** have significant side effects (nausea, constipation, and fuzzy thinking, to name a few). This one-page flyer gives you some basic facts about the potential side effects of 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.

[How to manage opioid side effects](#) is #7 in painACTION's series of education handouts on medication safety.

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Registration

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

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Learn more about painACTION

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

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Do you have suggestions for future painACTION topics?

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

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Upcoming

Healthcare decision-making

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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.

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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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Inflexxion | 320 Needham Street | Suite 100 | Newton | MA | 02464