

FAST FACTS: Relaxation

Relaxation is a state or condition of being free from anxiety and muscle tension.

✓ Benefits of Relaxation:

- Relieves pain by:
 - Loosening tense muscles
 - Distracting individual from pain and symptoms
 - Decreasing stress
 - Helping to cope

✓ Relaxation Techniques:

- Deep breathing
- Listening to music
- Thinking of peaceful images
- Repeating the same word or phrase over and over
- Meditation

✓ What Else Should You Do:

- Write down and share information about your pain with your healthcare provider
- Consider using a [Pain Diary](#) to note important information useful to the provider
- Try a this and/or another non-drug treatment and document the impact on your pain in your Pain Diary



Reference:

1. Adapted from: Fouladbakhsh, J.M., et al., Nondrug therapies for pain management among rural older adults. *Pain Manag Nurs*, 2011. 12(2): p. 70-81. 2. The Nursing Home Pain Management Algorithm Clinical Trial, R01 NR009100, 7/1/05 – 4/30/10; Mary Ersek (PI) Used with permission of Mary Ersek and HPNA (2009).

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