

## FAST FACTS: Non-Drug Treatment: Relaxation

Relaxation is being free from anxiety and muscle tension.

### ✓ **Benefits of Relaxation:**

- Relives 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 You Should Do**

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



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### **Resources**

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).

WedMD. October 13, 2020. *Stress Relaxation and Natural Pain Relief*. <https://www.webmd.com/pain-management/guide/stress-relief-for-pain>.