



MY FREEDOM FROM PAIN MEDICATIONS PLAN

Self-Care Tips

- Exercise
- Yoga / Stretching
- Deep Breathing
- Distraction / Hobby
- Massage
- Meditation
- Acupuncture
- Walking
- Counseling
- Ice / Heat
- Music
- Aromatherapy

Free Apps for iphone or android:

- Calm
- Omvana
- Headspace

Resources Websites:

www.painconnection.org
www.painmed.org/patientcenter

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I take _____
for my _____ pain.
My medication goal is to decrease from _____
by _____
I want to be able to _____
I am working with (doctor) _____
Telephone: _____

Side Effects:

Nausea Diarrhea Cramping Trouble Sleeping
Restlessness or High Blood Pressure Pain or Fever

My Rescue Plan:

1. Call Doctor first, do not go to Emergency Room unless directed
2. If I want someone to talk to, call **BEACON (855) 765-9703**
3. 24hr Advice Nurse Line: **(866) 778-8873**

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