

Where can I get help?

Check my treatment plans. I have my doctor’s treatment plan for medications and my own treatment plan – so I know what to do. It’s time to delegate.

What are some options? e.g. I can text X and ask for help.

What are some small steps?

Take my abortive, drink some water, go lie down, get my ice packs, where is my list?

STOP worrying thoughts and visualise a positive outcome. Breathe in and exhale deeply 3 times. Relax. Actually say STOP in your mind – see a STOP sign or a hand. You know you will get through this, you have done this before. Go and find what brings you pain relief NOW. Act now for the most effective pain relief.