

# Pain Management Techniques

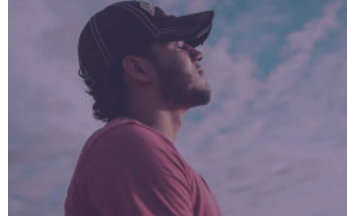
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Help Now Skills (by the Trauma Resource Institute)



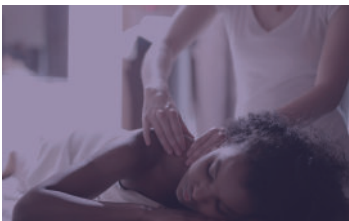
Progressive Muscle Relaxation



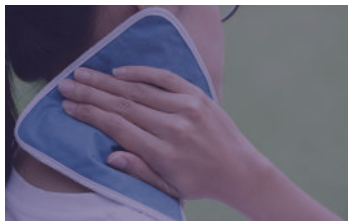
Deep Breathing Exercises



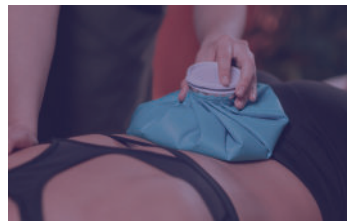
Mindfulness



Massage



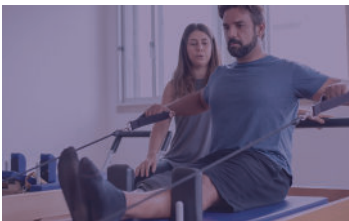
Heat therapy



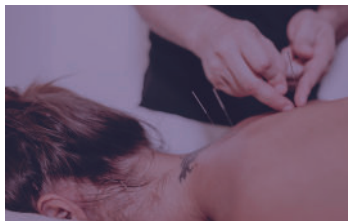
Ice therapy



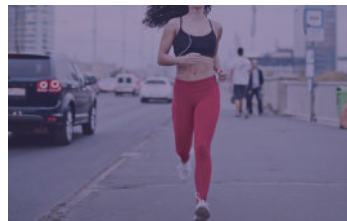
Yoga



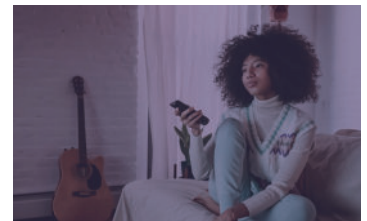
Physical therapy



Acupuncture



Exercise



Distraction (movies, crossword puzzles, coloring)



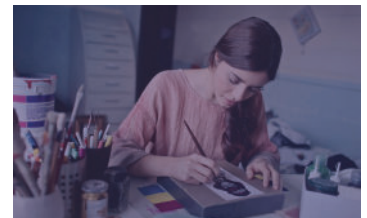
Meditation



Music Therapy



Elevation



Art