

RHEUMATOID ARTHRITIS

10 BEST WAYS TO DISTRACT YOURSELF FROM PAIN



Touch

Nerves can only process one sensation at a time. Ask your beloved to gently stroke the area that hurts to distract your nerves.



Reading

Disappearing into a good story can block out the pain. Ask your friends to recommend good books.



Creativity

Creativity helps you focus on something else. Try coloring, photography, writing, wood-working, knitting, or baking.



Sex

Orgasms produce endorphins—your body's natural painkillers.



Nature

Getting out of the house gets you out of your head. Take a deep breath and notice the natural world.



Laughing

A good laugh makes you feel better all over. Try a comedy podcast or movie.



Petting your Pets

Did you know that a cat's purr, vibrating between 20-140Hz, can be therapeutic for some illnesses?



Good Sleep

Your body heals when you sleep. Ask your doctor for help to sleep better.



Cuddling with Kids

Having the small body of a child next to you makes you feel protective and loving, the antithesis of pain.



Meditation

Meditating just 20 minutes a day can significantly reduce your perception of pain.

