

Options for Easing Pain Without the Use of Drugs

There are several tested ways to reduce pain and anxiety without pain medications. Some easy to access suggestions are listed below.

Aroma Therapy can help with sleep, headaches and depression and can help you relax.

Controlled Breathing, including blowing bubbles, can reduce anxiety, distract from pain and improve energy.

Distractions, particularly funny ones that make you laugh, work the best. Watch a movie. Talk and laugh with your friends. There are lots of distractions that work for children: glitter wands, music, T.V., games, squeeze balls and iPads are just a few.

Imagery, such as CDs and books that can help set up a relaxing image. Or you can choose to set up your own comfortable, relaxing place to imagine. Imagery can help distract, regulate breathing and even help you get sleepy.

Music can be used to distract, regulate breathing and reduce heart rate and blood pressure. There are several CDs specifically designed to be calming.

Pets keep you active. They are proven to reduce stress and they provide companionship.

Play and Art are wonderful distractions for children. Play is familiar to children and can help them feel more comfortable with their environment.

Positions for Comfort is a method of holding a child. The child is comforted by a parent while being securely held for a painful procedure such as an injection.

Touch, like patting, rubbing and stroking or massage.

If you have questions on how to implement any of the above techniques, Boys Town National Research Hospital Child Life may be contacted at 531-355-6040.