

Mayo Clinic Minute

Ideas for dealing with pain

VIDEO	AUDIO
	It's a big question for people in pain.
	How can we move forward, so that we do not let our life be defined by this pain?
	Mayo Clinic resiliency expert Dr. Amit Sood says it starts by not judging yourself for the pain. And, when possible, finding meaning in it.
Title: AMIT SOOD, M.D. COMPLEMENTARY AND INTEGRATED MEDICINE Mayo Clinic	Every second, five babies are born, but women don't say it's suffering, because there is meaning behind it.
	There can be meaning in the pain you may feel in recovering from surgery or in doing physical therapy.
	There are times when my pain today is actually going to prevent a worse pain later.
	Dr. Sood says it is also important for people in pain to choose battles carefully.
	We start fighting battles that we cannot win. And that's how we lose our energy.
	He says it's better to use your energy for proven pain therapies.
	Mindfulness meditation has been shown to be beneficial.
	Massage, tai chi and yoga can help alleviate pain. And Dr. Sood says rest is best.
	My favorite relaxation technique is sleep.
	For the Mayo Clinic News Network, I'm Jeff Olsen.