

Non-Medical Pain Management:

- Social engagement—commitment to staying in social groups and interaction with others in the group e.g. church group, community and cultural groups
- Connection with loved ones—reestablishing meaningful connections with friends and family
- Engagement in meaningful activities—volunteering, work, hobbies—things that are enjoyable and add meaning to the individual
- Connection with social support systems—this might be support groups, exercise classes, community resources.