### Do
- Physical activities that you enjoy and that do not cause you pain
- Take your medication as prescribed for your pain
- Participate in activities that can redirect your attention away from your pain (e.g., listen to music, watch movies, spend time with animals)
- Practice relaxation methods such as breathing exercises or repeating the same word over and over. This can reduce your stress and muscle tension
- Try using either cold packs (e.g., frozen gel packs or cold cloth) or heat packs (e.g., heated gel packs or warm cloths)
- Use pillows and supports to optimize comfortable positioning
- Try massage therapy or massage devices (e.g., massage chair)

### Tell
- Your care team you are having pain
- Your care team if you are having side effects from pain medications
- Your care team if you are taking over the counter medication, herbal supplements or cannabis for your pain

### Ask
- If your pain is acute (sudden onset, but gets better quickly – within 3-6 months) or chronic (has lasted longer than 3-6 months, and is expected to be a long term or permanent issue)
- About support groups for the type of pain you have
- Whether a referral to a pain specialist is appropriate
- About pain treatments that you have heard of and might want to try if they are appropriate for you, such as acupuncture, cannabis, or cognitive behaviour therapy

### Know
- What makes your pain better or worse

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Your care is why we’re all here!