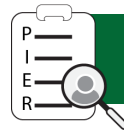


Chronic pain is a challenge for the person living with pain and the people who care for them. When people live with chronic pain, their friends and family can struggle to understand the pain. Sometimes, they feel like they are all alone and that no one understands what they are going through. This can have a strain on relationships and mental health. Social support is important to well-being.



“Grass” by [rusky](#) via [Pixabay](#).

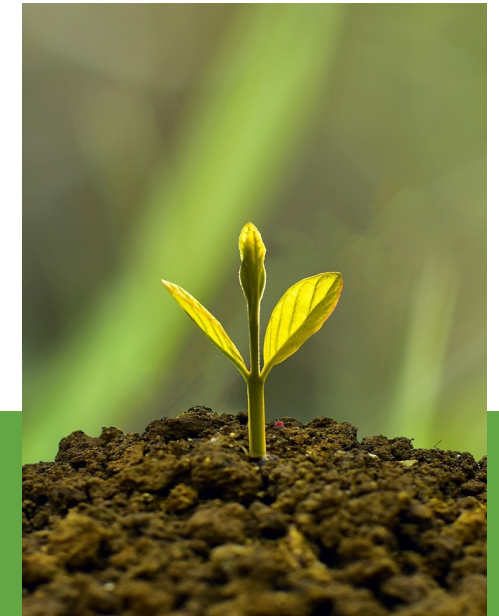


CS-PIER-0183



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Healthy People, Healthy Saskatchewan



CARING FOR SOMEONE LIVING WITH CHRONIC PAIN

“Plant” by [Nature_Design](#) via [Pixabay](#).



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What can you do to help someone living with chronic pain?

Emotional Support

- Listen without judgement.

Thank you for sharing how you're feeling today. I'm glad you told me.

- Support the person living with pain to do what they can each day without shame.

What you can do each day is enough.

- Practice good health habits together, for example, healthy sleep routine, physical activity, mental health and coping strategies.



"Couple on Bikes" by MabelAmber via Pixabay.

Physical Support

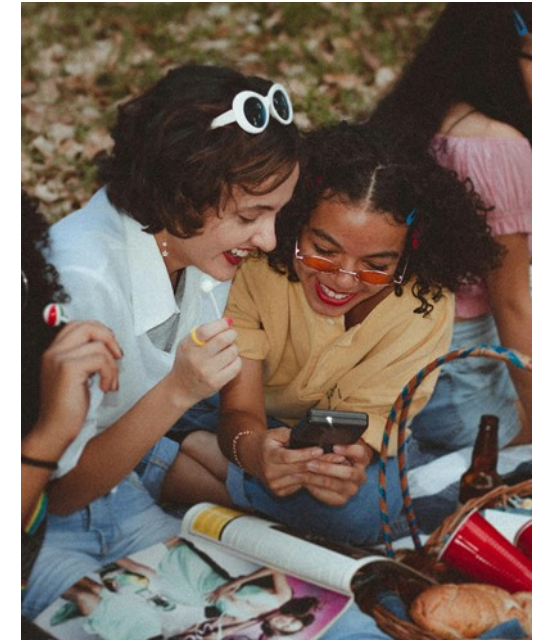
- Ask what help they need, for example, errands, chores, and transportation.
- Give the person time to do things at their own pace and in their own way.
- Ask permission for physical contact. Sometimes, even gentle hugs or handshakes can be painful.



"Family on Beach" by Kingofkings_LJ via Pixabay.

Learn What You Need to Know

- Use valid healthcare information sites to learn more about the pain condition.
- Ask the person who lives with chronic pain questions about what they experience. People are unique in how they experience pain.



"Woman Using Game boy" by Aline Viana Prado via Pexels.

Take Care of Yourself

Take time to rest and do things for yourself every day.

Here are a few examples:

- Go for a walk or do another fun physical activity
- Make time for activities you enjoy
- Ask for help when you need it
- Join a support group

What do you need to take care of yourself today?