



ADVANCED PAIN
MANAGEMENT

we know your pain

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QUICK TIPS:

SIMPLE WAYS TO REDUCE STRESS

Life is full of deadlines, frustrations and demands. For many people, stress is so common that it has become a way of life. Here are a few effortless ways to reduce stress in your life.

START A STRESS JOURNAL

A stress journal can help you identify the regular stressors in your life and the way you deal with them. Every time you feel stressed, write it down in your journal. You will begin to see patterns and common themes.

Record in your journal:

- What caused your stress
- How you felt both physically and emotionally
- What you did to make yourself feel better

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ENJOY YOURSELF

Give yourself a certain amount of time each day to do activities that you enjoy. Going for a walk, reading or gardening are simple ways to relax and reduce stress.

Also try taking 15-20 minutes each day to quietly reflect. Learn and practice relaxation techniques like yoga, stretching and deep breathing.

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HEALTHY TIPS

Learn to let go!

Learn more at
[APMhealth.com](https://www.apmhealth.com)

MAINTAIN A HEALTHY LIFESTYLE

A healthy lifestyle can improve your concentration, focus and efficiency so that you can complete your work in less time.

Avoid alcohol, cigarettes and recreational drugs. Exercise regularly and make sure you are getting the recommended 7-9 hours of sleep every night.

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HEALTHY TIPS

Exercise 20
minutes per day.

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PRIORITIZE AND PLAN AHEAD

Planning your day can help you feel more in control of your life, allowing you to accomplish more. Write a to-do list, putting the most important tasks at the top.

If you need additional help, consider taking a time management course through your employer or local university.

TO DO LIST

- Grocery
- Bank
- Pharmacy
- Library
- Rent a car



FOR MORE INFORMATION

If you would like more information about Advanced Pain Management please call

888-901-PAIN (7246)

or contact us directly using the “Contact Us” section of our web page on www.apmhealth.com.

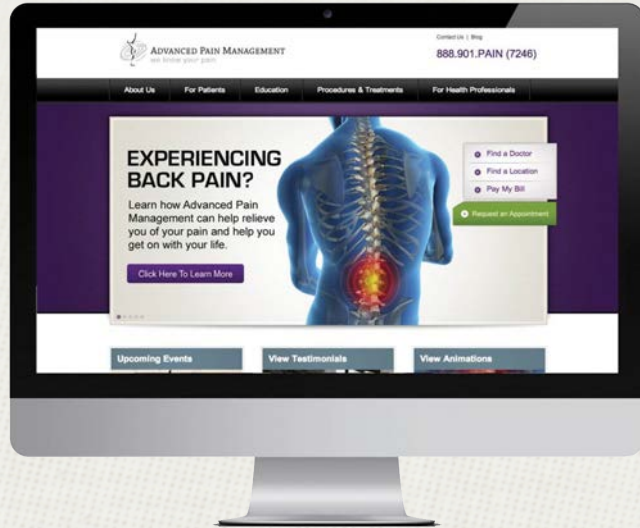
E-NEWSLETTER

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exercise program. If you experience any pain or difficulty with these exercises, stop and consult your health care provider. **ADVANCED PAIN MANAGEMENT MAKES NO WARRANTIES, EXPRESS OR IMPLIED, THAT THE INFORMATION CONTAINED IN THESE MATERIALS WILL MEET YOUR NEEDS.**