

# Tips to help your recovery from illness

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Pain is quite common in everyday life. **Whether it is a dull background pain or a sharp shooting pain there are always strategies we can use to reduce its impact on our lives.** There are a number of reasons why you may be experiencing muscle aches and pains following illness such as reduced activity levels but **over time this should settle down.**

Pain can have a large impact on our lives, it can wake you in the night , cause feelings of irritability and anxiety and can result in changes to concentration. Pain is frustrating. **Remember, there are some simple techniques that may help you on the next page.**

You may feel some muscle aches and soreness when you start your normal activities again, building up gradually and taking regular breaks can help. **Everyday gentle activities like walking or gardening are really helpful because they can dampen the pain signal and help your body get used to normal movement.** Physically activity can also be beneficial for your mood.

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### Everyday Activities

Often when we're ill, we spend a lot of time in bed resting and recovering.



#### Changing position

regularly can be really beneficial in reducing pain. If you struggle to remember, try setting alarms to remind you.



You can also try **stretching**, this can release the pressure on your pain receptors.



[Click here for some examples from the Pain Pathways website.](#)

### Support

**Taking regular pain medication for a short period of time could help with symptoms.** For pain lasting more than a couple of weeks contact your local pharmacist -

[How your pharmacist can help](#)



**Your GP or pharmacist** will also be able to talk about other options to help you with your pain recovery.



If you are struggling with pain, consider trying [some self-management courses to reduce pain.](#)

**The Education Programme for Patients (EPP)** run specific courses on helping people cope and manage pain.



**Keep in touch** with friends and family, consider going for short walks with them (if guidelines allow).



### Other things that can help

It can often be hard to get to sleep when you are in pain. See our recovering from illness webpage for simple tips to help you get to sleep.

Click here for info on sleeping with pain from [LiveWellWithPain.com](#)

If pain wakes you, try to practise relaxation techniques.

There are some great resources on the [Headspace App](#) that can distract you from your pain, including podcasts, mindfulness and meditation.



HEADSPACE

**If you are concerned at all contact your healthcare professional** for further resources to help manage pain.