

Nurture relationships in spite of struggling with persistent pain!

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For those who suffer from chronic pain or illness, numerous emotions accompany the physical discomfort.

If you've never been there, it can be a hard to understand move swings or lack of energy that millions of people go through when a daily basis. Many folks bravely face each day with a cane in their hands and the weight in their hearts.

They wake up every morning asking themselves, "How much will I hurt today?"

Unfortunately, many never get a reprieve or go into remission. For them, learning to cope in a world that doesn't treat these issues with which sensitivity can be a challenge. Some cannot suppress their pain and retreat to a lonely world of anger, self -pity and isolation.

Resorting to anger can be a means of propelling yourself through the day. But expressing your pain inappropriately can push other people away and also make it very difficult to maintain a moving relationship or even a job.

Mates, family and friends usually learn to understand that some days will be better than others for those who suffer with chronic pain, but it's still difficult for all concerned. Families who live with this unfortunate issue have to be vigilant about their relationships.

It helps to have the method for checking in with one another about how everyone is going. This is where holding a regular family meeting can be invaluable.

Dealing with chronic pain can be emotionally exhausting, and sometimes even those who have become a good at coping with it are unable to maintain their positive attitudes. When this happens, some people may choose to withdraw from those they love, so they don't inflict their pain on others.

When someone needs his or her own space to help heal, it's appropriate not to take this action personally. However, if your loved one's isolation continues for more than a day or two, you may want to have a conversation and try to draw him or her out. Sometimes we have to be reminded by those we love that, in most cases, everyday above ground is a good one.

Other coping skills that have been documented to work for many people include: clinical guided imaginary and meditation. Simply taking 30 minutes a day to sit quietly or listen to relaxation CD can help those in pain to reduce their symptoms and calm their minds.

Of course, there are medications. .For many, a combination of natural supplements and prescription medications bring some emotional and physical relief. However it's important to be cautious with all the pills and make sure you're aware of any possible negative and interactions or side effects.

One last word about chronic pain. Recent research has discovered it can be a sign of depression. If it occurs with feelings of hopelessness or deep sadness, along with other symptoms of depression, you need to get a professional opinion.

For those dealing with pain, try to remember that, even though it hurts, life is beautiful.

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