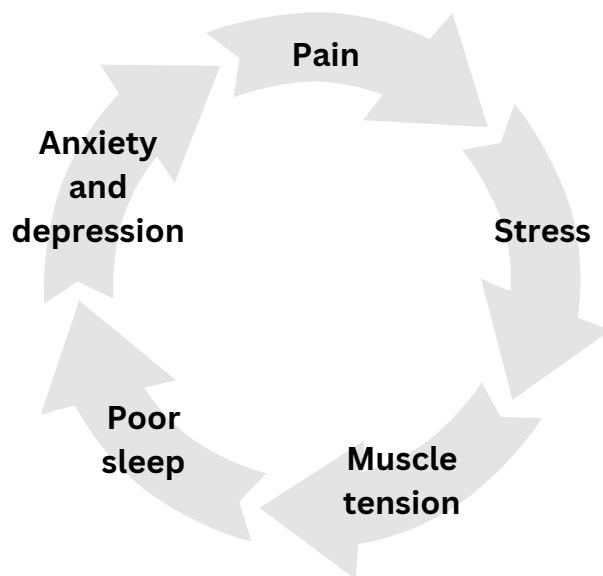


# How are Stress and Pain Related?

The relationship between stress and pain can create a cycle: stress can make pain worse and pain can make stress worse.

Stress can cause muscles to tighten, poor sleep, anxiety, and depression, which can lead to more pain.

Stress can cause the hormone cortisol in the body to increase, which can lead to inflammation and pain.



Pain Assessment and  
Management Initiative

## Contact us

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**Scan the QR code to visit  
our website:**



### Resources:

- <https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>
- [https://ggia.berkeley.edu/practice/body\\_scan\\_meditation](https://ggia.berkeley.edu/practice/body_scan_meditation)
- <https://pami.emergency.med.jax.ufl.edu/2021/07/14/minidful-body-scan-for-pain-management/>

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# Pain & Stress Management



# Ways to Reduce Stress



# Pain and Stress Management Activities

## Practice the 4-7-8 breathing exercise:

**Step 1:** Rest the tip of your tongue on the roof of your mouth behind your top front teeth and keep it there.

**Step 2:** Completely breathe out through your mouth. With your lips closed, breathe in through your nose to the count of 4.

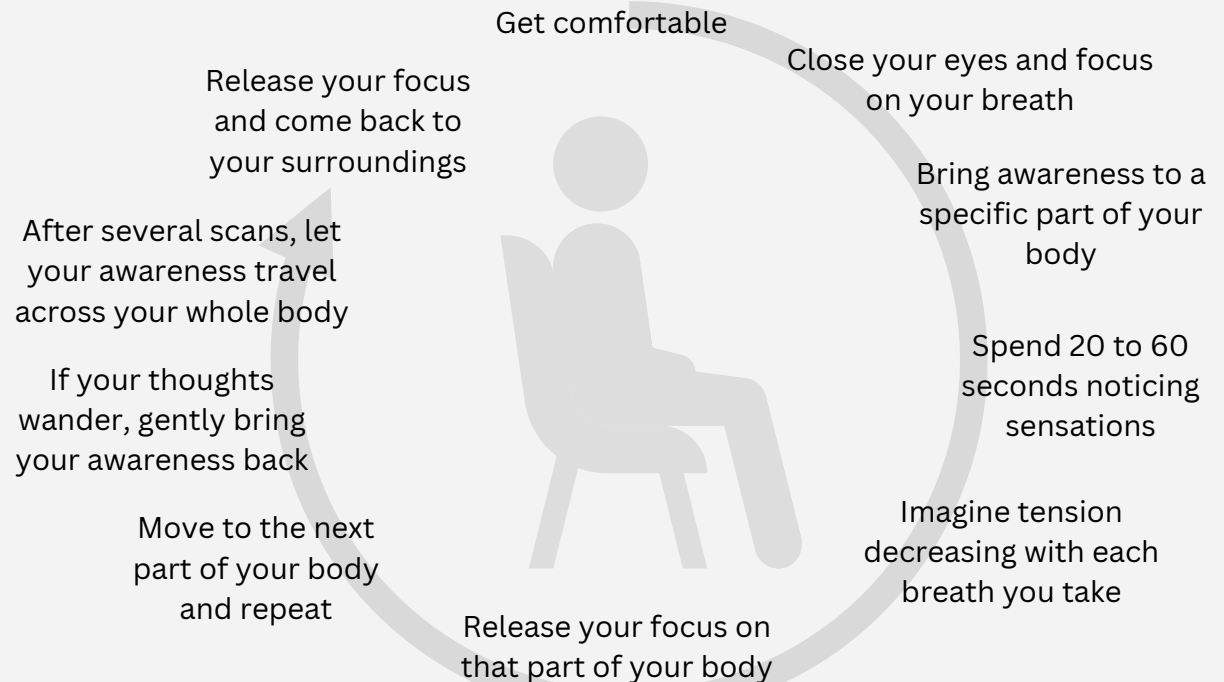
**Step 3:** Hold your breath for 7 seconds, then forcefully breathe out from your mouth (puckering the lips) for 8 seconds.

**Step 4:** Close your lips and breathe in again. Repeat as much as needed.

To learn more about 4-7-8 breathing, scan the QR code:



## Practice a body scan meditation:



To learn more about body scanning, scan the QR code:

