

**My Pain Coach Strategies**  
**Creating Positive Changes for People Living With Pain**  
**Cynthia Austin, NBC-HWC**

**TALK TO SOMEONE**

*Openly discuss your pain experience, seek support, and strengthen communication skills to help yourself and others understand the mind-body connection in pain reduction/recovery.*

**FOCUS ON THE PRESENT MOMENT**

*Notice your thoughts and emotions with mindfulness without self-judgment. Redirect your focus to the present and remind yourself that pain does not define you.*

**EMPHASIZE YOUR STRENGTHS**

*Acknowledge your resilience and personal strengths. Shift focus from limitations to the qualities and skills that support your well-being and pain reduction/recovery.*

**DO WHAT YOU CAN, WHEN YOU CAN**

*Honor your individual journey. Allow yourself the flexibility to navigate pain reduction/recovery at your own pace, embracing progress over perfection.*

**GET EDUCATED**

*Learn about the science of pain, including the role of the brain and nervous system in chronic pain. Explore how neuroplasticity, Pain Reprocessing Therapy (PRT), and Emotional Awareness and Expression Therapy (EAET) can help change your pain experience.*

**TAKE ACTION**

*Engage in activities that support pain reduction and recovery. Small, consistent steps—such as self-care, gentle movement, relaxation techniques, and —help reinforce positive change.*

**ANTICIPATE AND PLAN**

*Identify pain triggers and patterns. Use proactive strategies, such as creating an individualized Action Plan for Setbacks, to navigate flare-ups with confidence and resilience.*

**STAY CONNECTED**

*Avoid isolation by building and maintaining supportive relationships with family, friends, and a community that understands and validates your pain experience.*

**CHALLENGE THE STIGMA OF CHRONIC PAIN**


*Explore how societal beliefs about chronic pain influence your mindset. Advocate for yourself by sharing your journey and embracing the power of mind-body healing.*

**LIVE WITH A PURPOSE**

*Find meaning beyond pain by engaging in activities that bring joy, fulfillment, and a sense of contribution to yourself and others. Your life is more than your pain story—it is a journey of resilience and transformation.*

## Your Next Step

Reframing pain is a process of understanding neuroplasticity and utilizing this process over time to change your nervous system. It is not an instant fix—but small shifts in awareness can lead to powerful changes over time. If you found this exercise helpful and want to go deeper into pain recovery, my **MPC Pain Reduction/Recovery Program** can provide the guidance and structure you need to make lasting progress.

 [Book a Free 30-Minute Discovery Session](#) to learn how you can start changing your pain experience today:

**Remember:** Your pain is real, but so is your brain's ability to change it. Let's take the first step together!

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## Learn More:

To understand the research that supports the My Pain Coach's Programs go to:  
[Research in Programs](#)

For General Info on My Pain Coach, LLC Programs and Cynthia Austin go to :  
[www.MyPainCoachLLC.com](http://www.MyPainCoachLLC.com)