



healthy choices



live well. be well.

Chronic Pain & Exercise

Many individuals with chronic pain are searching for safe and effective ways to manage their symptoms and improve their quality of life. One such solution can be found in exercise. While it may be a daunting prospect, incorporating physical activity into daily life can offer many benefits for those living with chronic pain.

The Benefits of Exercise in Chronic Pain Management

Engaging in regular exercise offers many benefits for individuals experiencing chronic pain. These benefits include:

- **Improved Pain Tolerance:** Regular physical activity stimulates the production of endorphins, which act as natural painkillers.
- **Increased Strength and Flexibility:** Exercise can help to strengthen the muscles and improve flexibility, which can help to reduce pain and improve function.
- **Reduced Inflammation:** Exercise can help reduce inflammation, a common cause of pain.
- **Positive Psychological Effects:** Exercise can help to improve mood, which can also help to reduce pain.
- **Increased Energy Levels:** Exercise can help increase energy levels, making it easier to cope with chronic pain.

Improved Quality of Life

Exercise can offer numerous other benefits, beyond physical and mental health, for those living with chronic pain. Engaging in enjoyable physical activities, such as dancing or hiking, can add a sense of enjoyment and accomplishment to life.

Additionally, regular exercise can lead to social connections and friendships, which can help combat the isolation sometimes felt by chronic pain sufferers.

Health Disclaimer

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise routine. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected.

Mental Health Conditions

Mental illnesses are disorders, ranging from mild to severe, that affect a person's thinking, mood, and/or behavior. According to the National Institute of Mental Health, nearly one-in-five adults live with a mental illness.

Many factors contribute to mental health conditions, including:

- *Biological factors, such as genes or brain chemistry.*
- *Life experiences, such as trauma or abuse.*
- *Family history of mental health problems.*

Mental Health Disclaimer

Consult your mental health providers if you believe you or another individual is suffering a mental health crisis. You can also contact a suicide hotline, such as the 988 Suicide & Crisis Lifeline, which is available 24 hours a day, seven days a week.

MAP counseling sessions
Plan pays 100% of approved sessions.

Member Assistance Program (MAP)

YOUR WORKPLACE WELLNESS & MAP PARTNER

H&H Health Associates is here to help with counseling, resources, guidance and support.

Call the Welfare Fund office at 314.835.2700 for more information

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Visit Your Member Site
Info@HHHealthAssociates.com
www.HHHealthAssociates.com

In-Network

\$15
Copayment
per visit.

Looking for a
Mental Health
Provider, scan
barcode.



SCAN
ME

Caring for Mental Health

Focus on positivity.

Get regular exercise.

Practice gratitude.

Try a relaxing activity.

Set goals and priorities.

Make sleep a priority.

Eat healthy, regular meals and stay hydrated.