



## Pain Management Crossword

8								5											17
								14											
												11							
					16					3									
4																			
				12														15	
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1																			
	20							13											
									7						18				
				6	19														
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				9															

### Across

1. We need a (8) perspective
2. (8) A healthy weight
3. (8) Regularly and keep active
4. (10) Techniques of mindfulness help emotional wellbeing
5. Managing (6) will help reduce pain
6. Pain can affect your quality of (5)
7. Protect your (6)
8. Wearing a (5) can support joints
9. Set small (5) to help you get through the day
10. (4) helps to reduce discomfort

### Down

11. (10) Can help reduce pain
12. A common symptom of Arthritis is (4)
13. Eat a healthy (4)
14. A (7) network of friends and family is important
15. (4) yourself, do not overdo things
16. Devices and (7) can help make tasks easier
17. Complementary (10) help some people
18. Stand up and (7) regularly during the day
19. Motion is (6)
20. (7) promotes blood flow