



Well-Being in an Uncertain Time

Information & Tools for Pain Patients During COVID-19

About This Resource

During this time of uncertainty and sudden lifestyle changes in response to the COVID-19 pandemic, the Navy Comprehensive Pain Management Program (NCPMP) recognizes that this is a challenging, and likely frustrating, time for you and others around the world. **Now more than ever, it is critical for you to monitor and prioritize your well-being.** While this looks different for everyone, this resource compiles tips and resources that you may find helpful during this stressful time.

COVID-19's Impact on Pain Patients

Fear and anxiety about contracting COVID-19, as well as the need to social distance, can be overwhelming. These heightened emotions can worsen your pain—and vice versa. While all pain patients react to stress differently, you may find yourself:



Focusing on your pain and anxiously wanting it to go away



Worrying that there is nothing you can do to reduce your pain



Fearing that your pain will get worse



Resorting to unhealthy behaviors (e.g., overreliance on medication, unhealthy eating)

WELL-BEING TIPS: WHAT YOU CAN DO

- ✓ **Ask yourself what you need:** Self-care takes different forms for everyone. Think about what would help you manage your pain, whether it's calling or video-chatting with friends experiencing similar pain, going for a walk, or eating a [balanced meal](#).
- ✓ **Keep moving:** Continuing to move is essential for keeping your pain under control. Look into at-home alternatives for things like physical therapy exercises and meditation classes. These daily actions can help you feel well and in-control.
- ✓ **Put it on the calendar:** Make self-care a priority and start scheduling non-negotiable appointments for self-care, such as a 30-minute walk break in the middle of the day or a 5-minute stretching session every other hour.
- ✓ **Take a snowball approach:** Start with one tiny action and build from there. Deep breathing for 30 or 60 seconds, for instance, can help you find a calmer, more centered place if you are feeling overwhelmed by your pain.
- ✓ **Get your information from reliable sources:** If you are worried about COVID-19 and want more information, stick to reputable sources with a scientific basis, such as the [CDC](#), [WHO](#), [OSHA](#), or [TRICARE](#). Also, feel free to take a break from news stories when needed.





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MORE RESOURCES & INFORMATION



TRICARE Mental Health Options

- **Covered Treatments:** List of covered mental health options ranging from therapy to non-clinical support services [here](#)
- **Remote Options:** TRICARE offers mental health services remotely through telemedicine when appropriate; more information about what is covered during this time [here](#)

FEATURE! Check out this article on [Staying Mentally Fit During Socially Distancing](#)



Digital Tools For Your Own Time



[Military podcasts](#) focus on topics ranging from pain, sleep, meditation, and behavioral health



[Breathe2Relax](#) app to manage stress and anxiety with deep-breathing exercises; related apps [here](#)



[Tools and resources](#) to address a number of symptoms, including pain, sleep, and depression



[Information](#) on topics ranging from stress/anxiety, alcohol/substances, sleep, and depression



Additional Support

- **Military OneSource:** Dedicated 24/7 call center and online support that provides non-medical counseling and support; call 800-342-9647 / connect online [here](#)
- **Military Crisis Line:** 24/7 call, text, and online services for immediate crisis support; call 1-800-273-8255 and press 1 / text 838255 / connect online [here](#)
- **National Domestic Violence Hotline:** Dedicated 24/7 call center and online support for anyone experiencing domestic violence; call 1-800-799-7233 / connect online [here](#)
- **Substance Abuse and Mental Health Services Administration (SAMHSA) Website:** If you are struggling with substance use, including opioids, this treatment directory can help you find help [here](#)

For general resources about COVID-19 and its impacts on the military population, visit the TRICARE website [here](#).

About the NCPMP

We are a Navy Bureau of Medicine & Surgery (BUMED) program that aims to achieve full force readiness by translating strategic insights into solutions that enable providers and Service Members to prevent and manage pain.

Questions/thoughts? Reach out to us at usn.ncr.bumedfchva.mbx.navmed-painteam@mail.mil.