

# **Back Pain Coping Mechanisms Outline**

## **Introduction**

Brief overview of back pain and its impact on daily life.

## **Identifying the Source of Pain**

1. Consultation with healthcare professionals
2. Self-assessment techniques

## **Physical Coping Mechanisms**

- Stretching and strengthening exercises
- Proper posture techniques
- Use of heat and cold therapy

## **Mental Coping Strategies**

- Mindfulness and meditation
- Cognitive-behavioral techniques
- Relaxation exercises

## **Lifestyle Modifications**

1. Weight management
2. Ergonomic adjustments in the workplace
3. Regular physical activity

## **Seeking Professional Help**

When to consider physical therapy or pain management specialists.

## **Conclusion**

Summary of coping mechanisms and encouragement to seek support.