Non-Drug Pain Relief: Distraction with Humor

Distraction is a way to direct your attention on something other than pain. One kind of distraction to use is humor. This distraction works with your pain medicine to help improve your pain relief.

What You Will Need

Find movies, videos or sound recordings that you like. Watch or listen to something that will entertain you and make you laugh. Watch a favorite show, funny movie or read your favorite book.

Directions

• Find a comfortable room and a comfortable position.
• If possible, use distraction when the pain starts and before the pain gets worse.
• Take your pain medicine then listen or watch as the medicine starts to work.
• Try to listen or watch your favorite comedy with no interruptions.
• You may be able to keep yourself from thinking about your pain. This does not mean that your pain is not severe or real. Research has shown that distraction is powerful in making even severe pain more bearable.
• Use this method of distraction several times a day.
• If you are keeping a Pain Management Log, record how distraction with humor works for you.