

What's That Mean? – Distractions (from Pain)

To help take away the pain, we'll often try some comfort measures or distractions first.

Distractions, which are things to take your mind off of something, can help you feel less pain or discomfort.

Singing or having someone sing to you, playing your favorite music, drawing and coloring, reading, blowing a pinwheel, or doing arts and crafts are just a few ways to distract your mind from pain.

Can you think of any other distractions that might help?