



The 5-Layer Pain Relief Plan

Relief isn't a single solution — it's a system.

Learn how to stack support for your pain:

🧠 Nervous system

🧘 Body

💓 Emotions

🌱 Lifestyle

🌀 Mindset

💡 Share this with anyone who feels stuck or overwhelmed.








Why Layers Work

Chronic pain is complex.

Trying one solution and expecting full relief often leads to frustration.

But when you **stack complementary strategies**, you:

-  **Calm the nervous system**
-  **Reduce inflammation**
-  **Shift pain perception**
-  **Improve resilience**
-  **Feel more in control**

Relief is layered. So is your plan.



THE 5-LAYER PAIN RELIEF PLAN

Layer One: Nervous System Calming



4-2-6 breathing



**Vagus nerve
stimulation**



Guided meditation



**Body scan or
grounding**

Chronic pain often involves a hypersensitive nervous system.

We start here — because when your brain feels safe, pain softens.

💬 **Ask your [*Navigate Chronic Pain Support Companion*](#):**

"Help me reset my nervous system"

This is the foundation.

Layer Two: Physical Support

Heat or cold packs

Apply for targeted relief

Gentle stretching

Egoscue, yoga, myofascial release

Braces, supports, or posture tools

For structural assistance

PT or movement therapy

Professional guidance

Epsom salt baths

For relaxation and recovery

Pain in the body needs physical tools.

But not *punishment* — gentle, smart support.

Consistency > intensity. Honour your limits.

Layer Three: Emotional Relief

Journaling

See our prompts guide

Talking to a friend who gets it

Share your experience with someone supportive

Releasing guilt

Around canceling or saying "no"

Navigating grief and identity shifts

With kindness

Pain is emotional. That doesn't make it less real — it makes it *more human*.

Try:

Ask your [*Navigate Chronic Pain Support Companion*](#): "Help me find calming words to use with myself today."

Layer Four: Lifestyle Tweaks

Anti-inflammatory meals

Nourish your body

Reducing sensory overload

Noise, light, clutter



Hydration goals

Stay consistently hydrated

Morning sunlight exposure

Reset your circadian rhythm

Sleep hygiene tweaks

Improve rest quality

Small shifts → big results over time.

🥗 Try:

It's not about a perfect routine — it's about sustainable care.

Layer Five: Mindset & Meaning



1

Mindful self-talk

"I am safe. This moment will pass."

2

Reframing setbacks

See them as information, not failure

3

Telling a new story

About your body: one of *respect*, not *war*

4

Using Navigate to journal

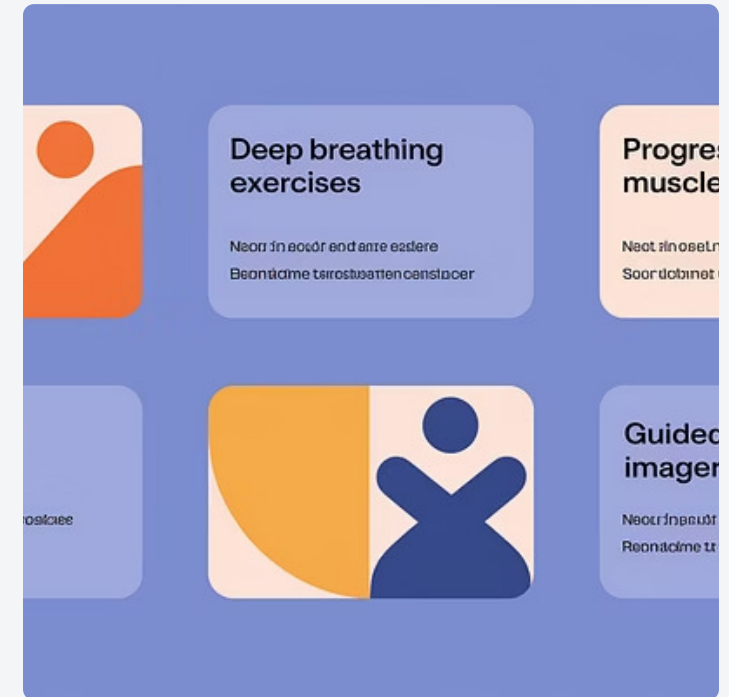
For reflection and growth

Your thoughts influence your pain experience — not because you're weak, but because your brain is *plastic*.

Mindset isn't about toxic positivity — it's about empowerment.

💬 **Ask your [Navigate Chronic Pain Support Companion](#):** "Help me reframe my goals for today — I feel stuck."

Ask Navigate to Guide You Through Your Layers



You don't need to remember all of this. Let your Navigate Support Companion help.

Try typing:

💬 "Where should I start with pain relief today?"

💬 "I need help calming down."

💬 "Remind me what tools I can try when I flare."

💬 "Give me one strategy from each layer."

🌟 Navigate Chronic Pain makes pain management feel manageable.

🌐 navigatechronicpain.org

Share This With Someone Who Feels Overwhelmed

5

Layers of Support

A complete system for relief

∞

Possibilities

For personalized healing

1

Step at a time

That's all anyone needs to take

Know someone who feels like *nothing is working*?

✨ Send this to them.

✨ Remind them there isn't one "right" fix — there are layers.

✨ And that's good news — because they don't have to do it all at once.

💙 Healing is a process. Let's walk it together.

[#navigatechronicpain](https://www.navigatechronicpain.com)