Pain Relief Through Distraction Techniques
Coping with Symptoms

The Distraction Technique. What is it?

The technique of distraction is a method used to redirect the focus from pain to another activity. Watching television, listening to the radio, and involvement in an activity often “takes your mind off” the pain. You probably have used this method without realizing it.

If pain is mild or if it is brief, (lasting only a few minutes) the distraction technique may give you some relief. The distraction technique can be a powerful way of temporarily relieving even the most intense pain. Distraction is a great way to relieve yourself of pain while waiting for medicine to start working.

How to use the Distraction Technique

Any activity that occupies your mind can be used for distraction. Try to choose an activity you enjoy or a chore that has been nagging you to complete, but you haven’t had the time. Watch a favorite television show or rent a movie. If the weather permits, garden or take a stroll through the neighborhood. Lose yourself in a good book. Clean a cluttered closet, or organize your drawers. Do whatever you’re in the mood for.