



Social Media Messaging for Beyond Pain STL

	Facebook	
Audience	Message	Link
For the public	What is chronic pain? Pain that lasts longer than 3 months and past its normal point of healing is called chronic pain. Learn more about chronic pain by watching this video and checking out our website (beyondpainstl.com). #BeyondPainSTL	bit.ly/32GFxg6
For the public	You may have chronic pain yourself or know someone that does. Chronic pain is often invisible, but research shows that 1 in 5 people have it. Chronic pain keeps people from going to work and doing other things they need to do. Learn more about chronic pain on our website (beyondpainstl.com) #BeyondPainSTL	bit.ly/2vwYcZb
For the public	Whether you are someone with chronic pain, a medical provider, caregiver, or community member, you can help people with chronic pain through advocacy! Take action and visit our website (beyondpainstl.com/advocates) to learn about steps you can take to address chronic pain. #BeyondPainSTL	beyondpainstl.com/advocates
For the public	Chronic pain is a public health crisis in our region. In response, we launched a chronic pain initiative. Check out our website to learn more about our work: stlrhc.org/work/chronic-pain-initiative . #BeyondPainSTL	stlrhc.org/work/chronic-pain-initiative
For people with chronic pain	Your pain is real. You are not alone. While chronic pain often has no cure, there are things you can do every day to help lower the severity of your pain enough to get back to the things you want to do. Watch the video to learn more and visit our website (beyondpainstl.com). #BeyondPainSTL	bit.ly/2uML55H
For people with chronic pain	Share your story to help people living with chronic pain feel less alone. Visit our website to submit your story and to learn more: beyondpainstl.com/share-your-story . #BeyondPainSTL	beyondpainstl.com/share-your-story
For people with chronic pain	Managing Chronic Pain Tip (1/8): Move your body. Gentle movement, like walking or stretching, can help relieve tension and stiffness in your muscles and lower the intensity of your pain. Ask your doctor about what kinds of exercise are safe for you. Try taking a walk with a friend a couple of times a week! The YMCA also has financial scholarships available to access their classes, gyms, and childcare: gwrymca.org/financial-assistance . #BeyondPainSTL	Video: bit.ly/32HJhYp gwrymca.org/financial-assistance
For people with chronic pain	Managing Chronic Pain Tip (2/8): Eat healthy foods. Some foods can help lower inflammation in your body, which is a common cause of chronic pain. Try adding leafy greens like spinach, fruits like berries and pineapples, nuts, and fatty fish to your diet. If you're looking for financial help to access healthy foods, check out a list of food pantries or reach out the St. Louis Foodbank for more information on SNAP (or food stamps): stlfoodbank.org/programs-services/find-food/ . #BeyondPainSTL	Video: bit.ly/2TslIxx stlfoodbank.org/programs-services/find-food/
For people with chronic pain	Managing Chronic Pain Tip (3/8): Get enough sleep. Getting enough sleep can lessen the intensity of pain. 7 to 9 hours of sleep every night is best. If you have trouble sleeping, try drinking less caffeine and alcohol, and turning off electronics an hour before bed. All of those can interfere with sleep. Also, talk to your doctor if your pain is disturbing your sleep. Visit our website (beyondpainstl.com/patients) to learn more tips for treating chronic pain. #BeyondPainSTL	Video: bit.ly/2VETtG0 beyondpainstl.com/patients



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For people with chronic pain	Managing Chronic Pain Tip (4/8): Check in on your mental health. Mental health and physical health are deeply connected. Your thinking affects how you feel pain. Counseling or medicine for your mental health can help with your physical pain. If you are looking for a local mental health provider, Mental Health America has a directory of therapists: mha-em.org/im-looking-for/community-resources . #BeyondPainSTL	Video: bit.ly/2VzMZSI mha-em.org/im-looking-for/community-resources
For people with chronic pain	Managing Chronic Pain Tip (5/8): Try mindfulness meditation - a way to relax your mind and change how you feel sensations, even pain. Check out a guide from the New York Times, which is full of resources and guided audio clips: nytimes.com/guides/well/how-to-meditate . #BeyondPainSTL	Video: bit.ly/3akbhdL nytimes.com/guides/well/how-to-meditate
For people with chronic pain	Managing Chronic Pain Tip (6/8): Build community. Research shows that spending time with friends and other people who support you can make a real difference in chronic pain. These social connections are especially important for people who have emotional or mental health issues that make their pain worse. Try spending time with people who make you feel good and healthy. Check out our website (beyondpainstl.com/patients) to learn more strategies for treating chronic pain. #BeyondPainSTL	bit.ly/38i4sAW beyondpainstl.com/patients
For people with chronic pain	Managing Chronic Pain Tip (7/8): Be your own advocate. You need and deserve quality medical care, but remember that you are the true expert of your body, your pain, and your experience. You know what healthy habits make you feel more functional, and you know what makes you feel worse. Take charge of your own body by embracing this knowledge and sharing it with your providers. Taking an active role in this journey will improve your healing. Learn some tips on how to talk to your doctor: bit.ly/2Te8DtA . #BeyondPainSTL	Video: bit.ly/2TBeOqy Article: bit.ly/2Te8DtA
For people with chronic pain	Managing Chronic Pain Tip (8/8): Advocate for change. People with chronic pain need access to healthy food and safe places to exercise, but this often requires policy change. You can advocate for these kinds of changes! Talk to your representatives in local government. Write letters and call your Congresspeople. Connect with others who also advocate for change. Visit our website to learn more about advocacy opportunities: beyondpainstl.com/advocates . #BeyondPainSTL	bit.ly/2vmiEfn beyondpainstl.com/advocates
For advocates/public	Check out our chronic pain policy statement to better understand recommendations from national strategies and local experts on chronic pain management and prevention: bit.ly/2vocLyi . #BeyondPainSTL	bit.ly/2vocLyi
For advocates/public	Support Medicaid expansion for Missouri. Did you know that Medicaid now covers important services for chronic pain, such as physical therapy and chiropractic services? Here's one way to help get these important services to more people in our state. Volunteer or donate to the campaign to get Medicaid on the 2020 Missouri ballot initiative: bit.ly/2ThGuBY . #BeyondPainSTL	bit.ly/2ThGuBY
For advocates/public	Support Medicaid expansion for Missouri. Did you know that Medicaid now covers important services for chronic pain, such as physical therapy and chiropractic services? Here's one way to help get these important services to more people in our state: Share your story. If you or a family member has ever gone without healthcare, share your experience with the campaign: action.healthcareformissouri.org/page/s/share-your-story . #BeyondPainSTL	action.healthcareformissouri.org/page/s/share-your-story



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For advocates/public	Support Medicaid expansion for Missouri. Did you know that Medicaid now covers important services for chronic pain, such as physical therapy and chiropractic services? Here's one way to help get these important services to more people in our state: If you are with an organization, endorse Healthcare for Missouri's campaign - action.healthcareformissouri.org/page/sp/become-an-endorsing-organization . #BeyondPainSTL	action.healthcareformissouri.org/page/sp/become-an-endorsing-organization
For advocates/public	Help grow and sustain the Community Health Worker workforce. Community Health Workers help connect their own communities to the health care system. Given their trusted voice in the community, they are in a unique position to empower people living with chronic pain. The Integrated Health Network (IHN) is leading a collaborative to help grow the Community Health Workers workforce with opportunities to get involved in policy change. Contact the IHN to get involved (stlouisihn.org/chw-workforce-partnership) or learn more about advocacy opportunities on our website (beyondpainstl.com/advocates). #BeyondPainSTL	stlouisihn.org/chw-workforce-partnership
For advocates/public	Advocate for more equitable access to health care services. According to the US Census Bureau, 10% of Missourians have no health insurance. Even for those with insurance, necessary services, like physical therapy and psychological therapies, are often not covered. Visit RHC's website (stlrhc.org) to learn how to advocate for programs and policies that expand access to health care for all. #BeyondPainSTL	stlrhc.org
For advocates/public	Address trauma in your community as an Alive and Well Ambassador. The research is clear. Traumatic experiences can increase our risk for chronic pain. Trauma can happen to individuals and to entire communities. Food deserts, unaffordable housing, gun violence, and racism are forms of community violence. If we want to prevent and better manage chronic pain, we have to address these traumas and inequities that are making our community sick. Become an Alive and Well Ambassador to help your community health from trauma: awcommunities.org/become-an-ambassador . Learn more about advocacy opportunities on our website: beyondpainstl.com/advocates . #BeyondPainSTL	awcommunities.org/become-an-ambassador
For advocates/public	Listen and believe people with chronic pain. Chronic pain can feel isolating. Supportive social connections from neighbors, friends, and family can help reduce the impact of chronic pain. Want to do even more to support people with chronic pain? Check out advocacy tips to change policies that affect people with chronic pain on our website: beyondpainstl.com/advocates . #BeyondPainSTL	beyondpainstl.com/advocates
For advocates/public	Be the best advocate you can be by taking care of yourself. Improving the health care system and addressing inequities is hard work. Make sure you also think about your own needs – this includes physical, social, emotional, mental, financial, and spiritual needs. Try journaling to clear your head or taking a walk outside. The most important thing is to make time to re-energize yourself. Visit our website (beyondpainstl.com/advocates) to learn more advocacy opportunities. #BeyondPainSTL	beyondpainstl.com/advocates
For providers	If you are a provider, help your patients with chronic pain set realistic expectations and goals. Learn about best practices for treating chronic pain on our website: beyondpainstl.com/medical-providers . #BeyondPainSTL	beyondpainstl.com/medical-providers



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For providers	Chronic pain can be hard to treat, but new research points out promising ways of treating pain. Multiple studies have shown that holistic models that combine different treatments work well to manage chronic pain. Learn more on our website: beyondpainstl.com/medical-providers . #BeyondPainSTL	beyondpainstl.com/medical-providers
For providers	Research shows that bias in health care delivery systems, as well as disparities in the availability of community-based resources, routinely results in different treatment of pain in people of color and women. Repeated trauma of racism and sexism can compound emotional pain, which can stand in the way of healing and recovery. As a provider, be accountable for your implicit bias and practice comprehensive pain treatment despite race or gender. As a health care leader, create new strategies to train providers in racial equity and culturally competent care. pnas.org/content/pnas/113/16/4296.full.pdf #BeyondPainSTL	pnas.org/content/pnas/113/16/4296.full.pdf
For providers	To better treat chronic pain, we need to understand the role of trauma and the connection between emotional pain and chronic physical pain. Studies show that trauma can increase the risk of developing chronic widespread physical pain by 2 or 3 times. Brain mapping even demonstrates that chronic pain and emotional pain - such as depression - share some of the same pathways in the brain and nervous system. We also know that depression can make physical pain worse, and physical pain can make depression worse. Learn more about how to address trauma's role in chronic pain on our website beyondpainstl.com . ncbi.nlm.nih.gov/pmc/articles/PMC3754458 #BeyondPainSTL	ncbi.nlm.nih.gov/pmc/articles/PMC3754458
For providers	We provide trauma-informed care when we recognize the impact of trauma on health and respond with policies, protocols, and practices that promote healing and prevent re-traumatization. Trauma-informed pain care can improve function and quality of life by addressing the root cause and contributing factors of chronic pain. Learn more on our website: beyondpainstl.com/medical-providers . #BeyondPainSTL	beyondpainstl.com/medical-providers
For providers	The following five principles, guided by a commitment to equity, can help us achieve a trauma-informed health care system: choice, trustworthiness, empowerment, safety, and collaboration. This model is adapted from the Missouri Model for trauma-informed care and Alive and Well Communities. If you are a provider, use these five principles to guide your care. If you are a health care leader, create policies, practices, and protocols that promote these principles. Learn more about trauma-informed care on our website: beyondpainstl.com/medical-providers . #BeyondPainSTL	beyondpainstl.com/medical-providers