



Social Media Messaging for Beyond Pain STL *(updated to be appropriate during COVID)*

	Facebook	
Audience	Message	Links
For people with chronic pain	Your pain is real. Even if times feel particularly hard right now, you are not alone. While chronic pain often has no cure, there are things you can do every day to reduce the 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	Video: bit.ly/2uML55H
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. During your time at home, check out Gateway Region YMCA On-Demand to stay active: bit.ly/32sG9AN ! #BeyondPainSTL	Video: bit.ly/32HJhYp bit.ly/32sG9AN
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 help to access healthy foods during this time, 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/2TslIlg stlfoodbank.org/programs-services/find-food/
For people with chronic pain	Managing Chronic Pain Tip (3/8): Get enough sleep. Getting enough sleep can help reduce 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. Also, talk to your doctor if your pain or stress is disturbing your sleep. Visit our website (beyondpainstl.com/patients) to learn more tips for treating chronic pain. #BeyondPainSTL	Video: bit.ly/2VETG0 beyondpainstl.com/patients
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. Many therapists are also offering virtual appointments at this time. mha-em.org/im-looking-for/community-resources . #BeyondPainSTL (other resource to connect from BHN?)	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. These practices can be especially helpful if you're feeling extra stress during this time. 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 (even virtually!) with friends and other people who support you can make a real difference in chronic pain. Try calling or video chatting 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	Video: bit.ly/38j4sAW beyondpainstl.com/patients



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For advocates/public	Did you know that Medicaid now covers important services for chronic pain, such as physical therapy and chiropractic services? Medicaid expansion passed in Missouri's August election and will be implemented next July! Stay informed to see if you qualify for the program under the new eligibility requirements. #BeyondPainSTL	
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, even through these hard times. 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	The research is clear. Traumatic experiences (like racism and the social and economic effects of COVID-19) can increase our risk for chronic pain because our bodies hold trauma. Become an Alive and Well Ambassador to help your community heal 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, especially as we continue to practice social distancing. Virtual 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 providers	Chronic pain and emotional pain - such as depression - share some of the same pathways in the brain and nervous system. We know that depression can make physical pain worse, and physical pain can make depression worse. Now is a particularly hard time for people, but resources are out there to help! If you're in the St. Louis region and feeling overwhelmed, we encourage you to dial 2-1-1 and press 1 to get connected to help. Read more about how our brain processes chronic physical and emotional pain: ncbi.nlm.nih.gov/pmc/articles/PMC3754458 . #BeyondPainSTL	ncbi.nlm.nih.gov/pmc/articles/PMC3754458



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For providers	Trauma-informed pain care can improve function and quality of life by addressing the root cause and contributing factors of chronic pain. We provide <u>trauma-informed care</u> when we recognize the impact of trauma on health and respond with policies, protocols, and practices that promote healing and prevent re-traumatization. With dual pandemics in our community, COVID-19 and racism, it's critical to provide trauma-informed care to everyone. 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. 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 . (This model is adapted from the Missouri Model for trauma-informed care and Alive and Well Communities.) #BeyondPainSTL	beyondpainstl.com/medical-providers