

When it Hurts: Dealing with Pain

Jordan had some painful treatment at the hospital. But Anita helped Jordan learn new ways to cope with the pain. After the story, Hercules the dog wants to hear about how you've coped with pain too.



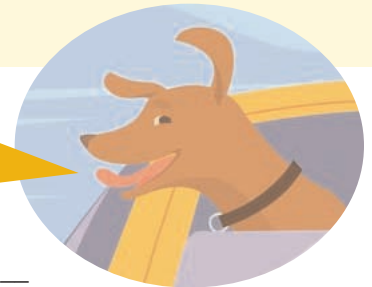
I sometimes have pain from my illness, but never this bad. I was afraid something really bad was wrong with me. I was crying hard when my Grandma and I got to the ER. This lady from the hospital, Anita, asked if I wanted to blow bubbles while waiting for the doctor. She said it would be fun. It did help me forget about my pain for awhile.

When I finally saw the doctor, he told me that I'd have to stay in the hospital and that I'd have to get medicine through a needle. I told Grandma I was scared. She said I'd be okay, but we should ask the doctor to explain what they were going to do. Dr. Blum talked to me about how the medicine would help my pain and my illness. He said that because of my illness I might have pain like this again sometimes. He told me Anita knew some games that would help me cope with the pain.

Anita and I came up with a pretend story about one of my favorite things — swimming in the pool on a hot day. She taught me to think about that whenever I had to get the medicine through the needle. She also taught me a relaxation game where I made my arms and my legs go floppy and took deep breaths. We talked about other things I've done before to help with my pain — like playing games, watching cartoons, or listening to music. We made a list of them so that I could remember how to cope with the pain. Grandma also came up with the idea of an "ice cream coupon." She'd give me a coupon every time I tried to do one of the things on the list when getting my medication through the needle.



The first time I got the medicine through the needle, I started to cry and forgot about all the things Anita taught me. But Grandma pulled out the list and we went through my pretend story about the swimming pool. It helped! The next time I got the needle, we did the story again and I didn't think about my pain as much. I can't say I liked being at the hospital, but I learned a lot about how to deal with my pain. And now that I'm home, I have three ice cream coupons from Grandma that I'm going to use!



Everyone feels pain sometimes. What are the ways you have coped with your pain? Fill in the blanks to complete the story.

In the hospital, the things that were painful were _____
(something that was painful)

and _____. Being in pain made me feel _____. Some of
(something else that was painful) (how you felt)

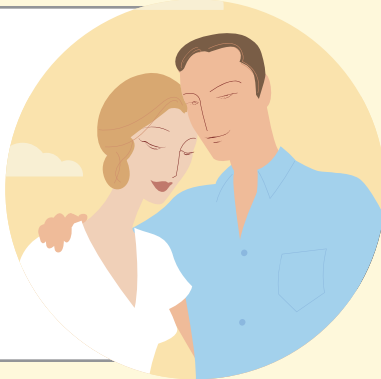
the things that helped me feel better were _____ and _____.
(something that made you feel better) (something else that made you feel better)

The people who helped me feel better when I was in pain were _____.
(names of people)

The next time I feel pain, I can do _____ to help feel better.
(what you can do)



A team of people at the hospital helped Jordan deal with pain. Choose the people below you would ask to be on *your* team and use the squares to write the things that you and they can do together to help you cope with pain.



Being in the hospital and feeling pain can make you feel a lot of different feelings. Use different colors in the picture on the right to show how this girl feels about being in the hospital and coping with pain.

