

BACK PAIN

STRESS AND LOW BACK PAIN

Introduction

Individuals suffering from back pain or stress can find themselves in a “vicious circle” situation. On the one hand, long-term and emotional stress can lead to chronic tension and increase the risk of serious back problems. On the other hand, the pain caused by back problems can produce exhaustion and fatigue, affecting quality of life and resulting in stress.

Practical advice for reducing stress

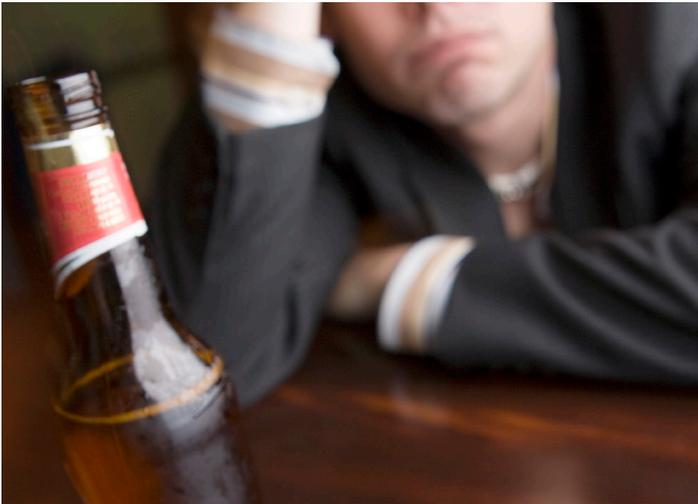
- Try to recognize when stress begins to affect you physically (such as a headache, tense neck, or tense shoulders). As soon as this happens, you can take steps to prevent it or begin to address these stress-producing situations.
- Improving your sleep can result in a corresponding improvement in positive feelings, ability to cope, and general energy levels. This in turn will lower the risk of back and joint problems.
- Exercise can play an important role in your ability to handle stress. It also physically reduces your risk of back and joint problems.
- Making sure you have some time to relax at the end of the day can go a long way towards decreasing general stress levels. Reading, going for a walk, watching your favorite television show, or spending time with friends or family are good options.

In this guide...

IntroductionPag 1
AdvicePag 1
What to avoidPag 2



- Talking about your feelings or stressful events with friends or family can also be helpful in releasing tension.
- Taking control of problems and stressful issues — and actively planning out solutions — can be a powerful stress reducer.



Sugar, caffeine and alcohol

Sugary and caffeinated drinks give you temporary energy but may cause your body to “crash” soon afterwards, leaving you tired and down. Alcohol can also provide a momentary sensation of relaxation yet put you at risk of longer-term sleeping problems, depression and health issues.¹ Sugar, caffeine and alcohol are all habit-forming.

Questions about your diagnosis?

Unsure which treatment is right for you?

Did you know you have access to a free, independent and confidential decision support service?

Discuss your concerns and have your case reviewed by a specialist in your condition.

The decision is yours. And we're with you all the way.



1. Why you Should Limit Alcohol Before Bed for Better Sleep. Cleveland Clinic website. <https://health.clevelandclinic.org/2014/12/why-you-should-limit-alcohol-before-bed-for-better-sleep/> December 22, 2014. Accessed September 4, 2017.

The health information provided in this document is for information only and is aimed at promoting healthy habits. This information does not constitute medical advice or claim to replace the assistance that should be provided by a doctor. Cigna does not assume any responsibility under any circumstances arising from the use, abuse, interpretation or application of any health information offered. Always ask a doctor about anything related to medical examinations, treatments, tests and health recommendations. © 2018 Cigna