

# 52 Ways to Keep #OneVoiceForPain Going

## One action for every week of the year.

Pain Awareness Month may last 30 days, but creating #OneVoiceForPain is a year-round commitment.

You do not have to do everything. Choose what fits your energy, your interests, and your comfort level. Some actions take just a few minutes. Others may become part of how you stay involved throughout the year.

**One year. One weekly action. 52 ways to help people with pain feel seen, heard, supported, and included.**

### LEARN & UNDERSTAND

- ☐ Read or hear about a pain condition you're not as familiar with.
- ☐ Learn how chronic pain can affect children and teens.
- ☐ Learn more about pain in older adults.
- ☐ Read or watch the story of someone whose pain experience is different from yours.
- ☐ Learn how pain can affect sleep, energy, relationships, work, or daily life.
- ☐ Learn what pacing is and why it can be helpful for people with pain.
- ☐ Learn more about disability benefits and the review process.
- ☐ Explore a U.S. Pain Foundation guide or resource on a topic that matters to you.



### FIND INFORMATION & BUILD SKILLS

- ☐ Bookmark [uspainfoundation.org](https://www.uspainfoundation.org) so trusted pain information is easy to find when you need it.
- ☐ Attend a Building Your Toolbox program on a topic that is new to you.
- ☐ Watch a past U.S. Pain Foundation webinar or educational program.
- ☐ Download or order a guide you may want to reference later or share.
- ☐ Learn what questions can help you prepare for a more productive healthcare appointment.
- ☐ Explore resources on treatment options and shared decision-making.
- ☐ Look into current pain research and learn what questions researchers are trying to answer.
- ☐ Learn how people with lived experience can help shape pain research.

### CONNECT & SUPPORT

- ☐ Check in with someone living with pain.
- ☐ Ask how someone is doing and give them space to answer honestly.
- ☐ Listen without immediately offering advice or trying to fix the problem.
- ☐ Believe someone when they tell you about their pain.
- ☐ Join a virtual U.S. Pain Foundation Pain Connection peer support group.
- ☐ Share the national, state, and affinity-based Pain Connection groups with someone who may benefit.
- ☐ Share caregiver resources with someone supporting a person with pain.
- ☐ Reach out to someone who may be feeling isolated.
- ☐ Ask a person with pain what kind of support would actually be helpful.
- ☐ Respond with understanding when pain forces someone to change or cancel plans.



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## SHARE & AMPLIFY

- ☐ Share a [U.S. Pain Foundation article](#) that taught you something.
- ☐ Send a trusted resource directly to someone who may need it.
- ☐ Share information about a pain condition that is often misunderstood.
- ☐ Explore the [Invisible Project](#) and share a story that helps others better understand life with pain.
- ☐ Share a fact or [statistic](#) from a trusted source that could help someone better understand chronic pain.
- ☐ Tell someone about the free resources available at [uspainfoundation.org](#).

## SPEAK UP & ADVOCATE

- ☐ [Sign up](#) for U.S. Pain Foundation advocacy alerts.
- ☐ [Take action](#) on a current pain policy issue.
- ☐ Email or call an elected official about an [issue](#) affecting people with pain.
- ☐ Tell someone you know why an issue matters to you or your community.
- ☐ Learn about a piece of legislation affecting people with pain.
- ☐ Attend an advocacy training, briefing, or webinar.
- ☐ Write an [op-ed or letter to the editor](#) about an issue affecting people with pain.
- ☐ Help secure a Pain Awareness Month proclamation in your community next September.

## STAY CONNECTED WITH U.S. PAIN FOUNDATION

U.S. Pain Foundation provides free information, support, connection, and advocacy for people living with pain, their loved ones, those who treat them, and those who want to make a difference.

Find free resources, peer support, webinars, advocacy opportunities, stories, and ways to get involved at: [uspainfoundation.org](#).

Keep learning. Keep connecting. Keep speaking up. Keep #OneVoiceForPain going.

## ADD YOUR VOICE

- ☐ Write down [three words](#) that describe your experience with pain.
- ☐ Share part of your story with someone you trust.
- ☐ Submit your experience to U.S. Pain Foundation's [Storybank](#).
- ☐ Write about one thing you wish others better understood about living with pain.
- ☐ Use a journal prompt to reflect on your experience.
- ☐ Share part of your experience publicly, if and when that feels right for you.
- ☐ [Submit](#) a story, blog idea, or lived-experience perspective for a future U.S. Pain Foundation feature.

## BRING RESOURCES INTO YOUR COMMUNITY

- ☐ Ask your doctor's office if they would display or share [U.S. Pain Foundation resources](#) with patients.
- ☐ Bring [pain resources](#) to a library, school, workplace, senior center, or community organization.
- ☐ Share [Pediatric Pain Warrior Program](#) resources with a school nurse, counselor, teacher, parent, or family who may need them.

## STAY INVOLVED

- ☐ Join U.S. Pain Foundation's [Volunteer Network](#) and find an opportunity that fits your interests, skills, energy, and availability.
- ☐ Choose your next step: [sign up for emails](#), volunteer, participate in a program, start a fundraiser, make a donation, or repeat one action from this list throughout the year.

**You do not need to do all 52 items.**

Choose one. Choose five. Choose what fits your life. What matters is that awareness, understanding, connection, and advocacy do not stop when September ends.

**[Pain Awareness Month](#) is 30 days. Supporting people with pain is 365.**

LET'S CHANGE PAIN.