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Valuable Information The Message of Pain

Both emotional and physical pain are messages
that we need to stop and pay attention.

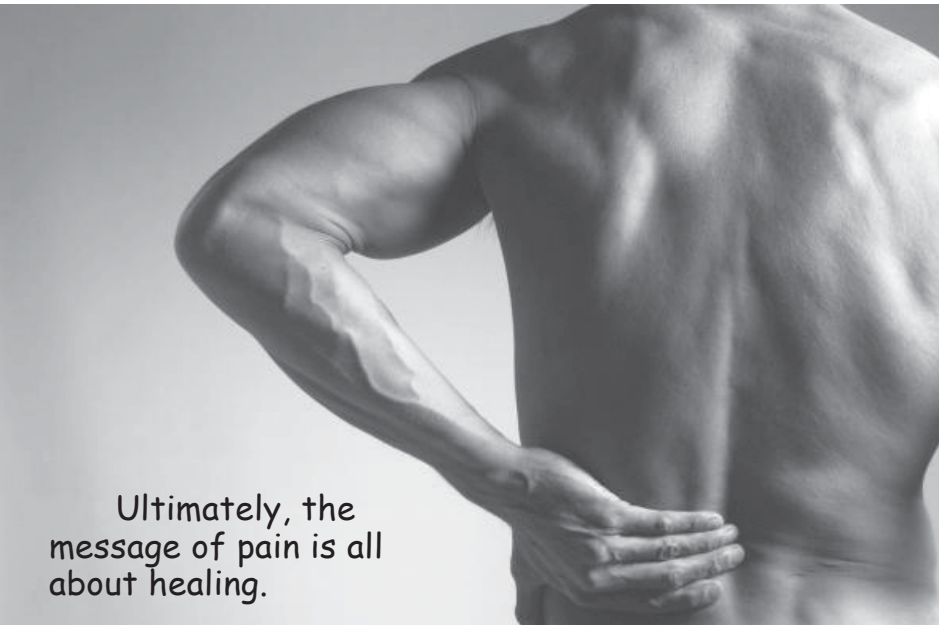
When we feel pain, our first impulse is often to eradicate it with medication. This is an understandable response, but sometimes in our hurry to get rid of pain, we forget that it is the body's way of letting us know that it needs our attention. A headache can inform us that we're hungry or stressed just as a sore throat might be telling us that we need to rest our voice. If we override these messages instead of respond to them, we risk worsening our condition. In addition, we create a feeling of disconnectedness between our minds and our bodies.

Physical pain is not the only kind of pain that lets us know our attention is needed. Emotional pain provides us with valuable information about the state of our psyche, letting us know that we have been affected by something and that we would do well to focus our awareness inward. Just as we tend to a cut on our arm by cleaning and bandaging it, we treat

a broken heart by surrounding ourselves with love and support. In both cases, if we listen to our pain we will know what to do to heal ourselves.

It's natural to want to resist pain, but once we understand that it is here to give us valuable information, we can relax a bit more, and take a moment to listen before we reach for medication. Sometimes this is enough to noticeably reduce the pain, because its message has been heard. Perhaps we seek to medicate pain because we fear that if we don't, it will never go away. It can be empowering to realize that, at least some of the time, it is just a matter of listening and responding.

The next time you feel pain, either physical or emotional, you might want to try listening to your own intuition about how to relieve your pain. Maybe taking a few deep breaths will put an end to that headache. Perhaps writing in your journal about hurt feelings will ease your heart.



Ultimately, the message of pain is all about healing.

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Sam Nekhaila Elected to Good Health Clinic Board

Multi-business owner Sam Nekhaila has been elected to serve on the Good Health Clinic's board of directors for a three-year term.

Nekhaila employs over 250 individuals at locations spanning from Key Largo to Key West, including Wendy's, Island Grill restaurants in Key Largo and Islamorada, B&B Tavernier Cinema, and Marathon Cinema.

"We always have a patient serving on our board to ensure patient needs are represented in all decisions. It is great to now have the perspective of a large employer who is concerned about families who cannot afford comprehensive health care," said Good Health Clinic executive director Jennifer Rickmann.

"I bring to the table years of listening to the needs and desires of my employees, as well as broad business skills, and a clear understanding of the Keys lifestyle and local economics," Nekhaila said. Recently Nekhaila hosted an event for his managers where the Good Health Clinic along with Community Health of South Florida,



the Monroe County Health Department and Rural Health Network presented information on affordable primary care across the Keys.

The Good Health Clinic serves over 600 Upper Keys residents and employees who document household income at or below 200 percent of the Federal Poverty level, but are unable to qualify for Medicaid. Sponsored in part by Baptist Health South Florida, the clinic receives no state or federal funding.

To make a contribution to support our community's only free healthcare facility, contact the Good Health Clinic at 853-1788 or visit www.Give2GHC.com.