6 Pain Relief Tips to Help You Go About Your Day

By Tylenol (Press Content)

Here are 6 tips to help you keep going:

1. Get enough sleep. Getting seven to nine hours of sleep every night can help you maintain a healthy lifestyle. If you can’t get a good night’s sleep, take a warm bath before bed or drink a cup of hot tea that contains 1 mg of melatonin to help you feel more relaxed.

2. Choose an OTC pain reliever that is right for you. Both ibuprofen and acetaminophen can be effective for relieving pain and reducing fever. If you don’t know which one to choose, talk to your doctor or pharmacist for advice.

3. Don’t self-medicate. Some people may use pain medication to manage their personal health conditions. However, this could lead to misuse or abuse of pain medication.

4. Eat enough food. Eating a balanced diet is important for maintaining a healthy body. Eating foods that are rich in protein, vitamins, and minerals can help your body function properly.

5. Get regular exercise. Regular exercise is an important part of maintaining good health. It can help you stay active, maintain a healthy weight, and improve your overall health.

6. Stay active and socialize. Staying active and socializing can help you maintain a healthy body and mind.

Common Health Conditions and Your OTC Pain Reliever – What You Should Know

Some health conditions are more common among older adults. As you age, older health conditions and other medications may affect your pain reliever choice. Understanding these differences could help you make a better choice for your health. If you have high blood pressure, heart disease, diabetes, or osteoarthritis, talk to your doctor about your pain reliever options.

If you’re not sure which OTC pain reliever to choose, talk to your doctor for advice. You may also wish to consider the Tylenol Walgreens Q1 2020 offer.