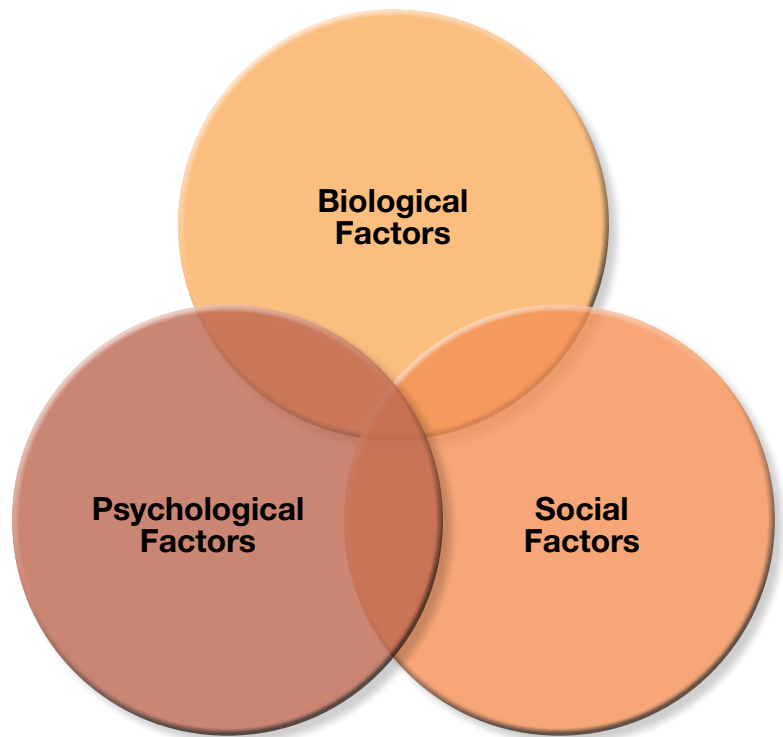


FACTORS THAT IMPACT PAIN

Chronic pain touches many parts of your life, and each piece affects others. The interaction between each circle shown here impacts how you feel overall:

- Biological
 - Pain, medical issues
- Psychological
 - Emotions, attention, thoughts
- Social
 - Relationships, job, hobbies

The good news is, while some factors may increase or turn the volume up on pain, other factors may decrease it. And you can decide how to manage many of these factors.



Below are just a few examples of factors that may impact your pain:

Factors That May ↑ Increase Pain	Factors That May ↓ Decrease Pain
<i>Physical Factors</i>	
Degenerative changes	Physical therapy
Muscle tension	Relaxation techniques
<i>Thoughts</i>	
Catastrophizing	Having balanced thoughts
Focusing on pain	Using distraction to focus on other things
<i>Emotions</i>	
Depression or anger	Challenging negative thoughts
Stress/worry/anxiety	Exercise and relaxation techniques
<i>Behaviors</i>	
Under- or over-activity	Using pacing regularly
Lack of involvement in hobbies	Increasing pleasant activities
<i>Social Interactions</i>	
Social isolation	Positive time with family and/or friends
Lack of or too much support from others	Volunteering/community involvement