



PAINful FACTS:

PAIN and other uncomfortable or bothersome feelings 🎯 are very subjective and belong only to YOU. Only you, know WHAT and HOW you are feeling.

Acute Pain: is usually helpful: it is a warning, it is protective. It can be caused by some type of trauma like a cut, a broken bone, sprains or strains, falls and burns. It can also be caused after surgery or when undergoing treatment for a medical condition. Acute Pain is usually relatively short-lived. The body's tissues heal and each day we feel better until we have completely recovered and are back to involving ourselves in all our regular activities.

Chronic or Persistent Pain: is pain persisting beyond the 'expected' time of healing of an injury or illness.

Persistent pain is not serving a 'useful purpose'. However, it is still a **message!** (*though not a warning or necessarily dangerous*).

Persistent pain is telling you to 'pay attention' to what your body is feeling and to 'do something' to change that feeling.

In order to control a 🎯 message, it usually means that you have to:

CHANGE what and how you do activities

CHANGE how you think about your pain problem

CHANGE how you see yourself and your role within your family, with friends and with co-workers

Many people in pain share these concerns:

- You are not sleeping well, and wake often because you are uncomfortable
- You no longer do the things you enjoy doing
- Because no one can see your problem, you are beginning to think that you might NOT have a problem!
- You have less patience and are more irritable with the people around you
- You are afraid you might not be able to go back to or stay at work
- You feel that almost every aspect of your life is 'out of control'
- You are frustrated by people telling you that you SHOULD be better by now
- You cannot make any plans because you do not know how you will be feeling
- You are tired all the time, even when you are resting or not doing much of anything
- You may be able to separate your SUFFERING from your PHYSICAL PAIN