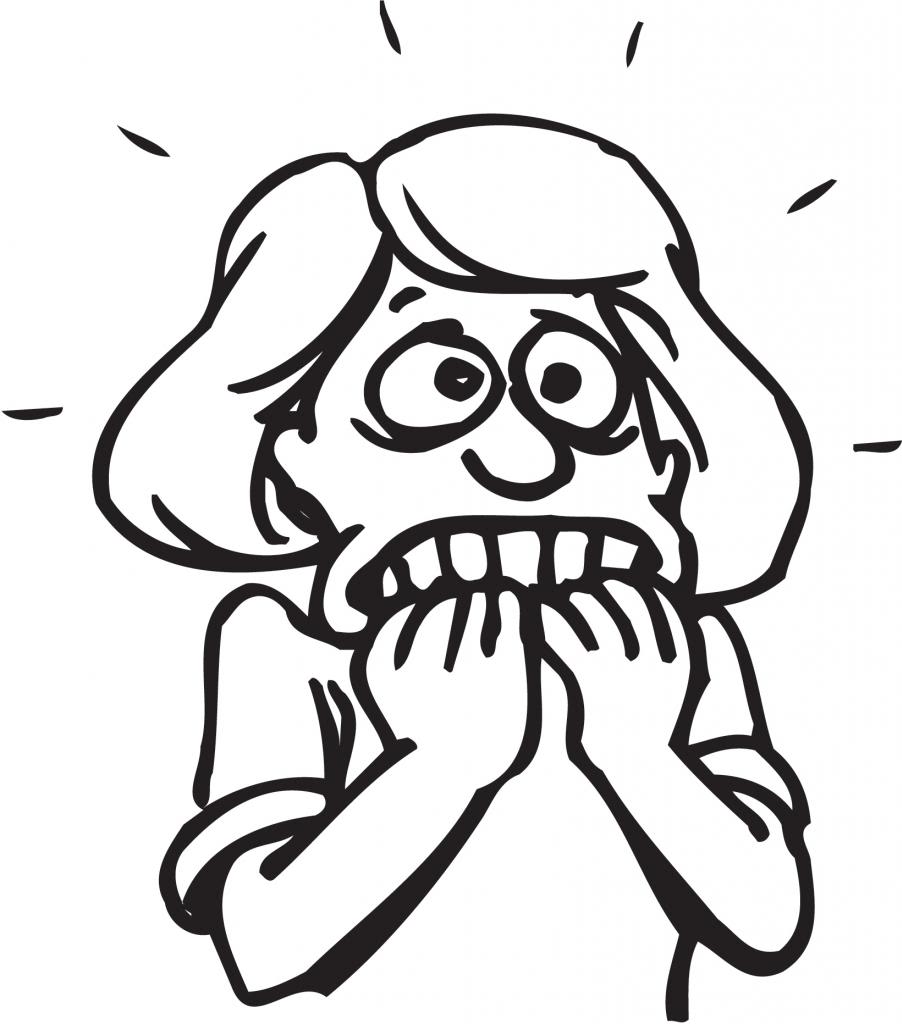
Pain

Things that make pain worse:







Overactivity and underactivity

Anxiety and Fear

Depression



CAPTION

CAPTION

Focusing on location of pain

Isolating self

Negative thoughts

Ways to manage pain:



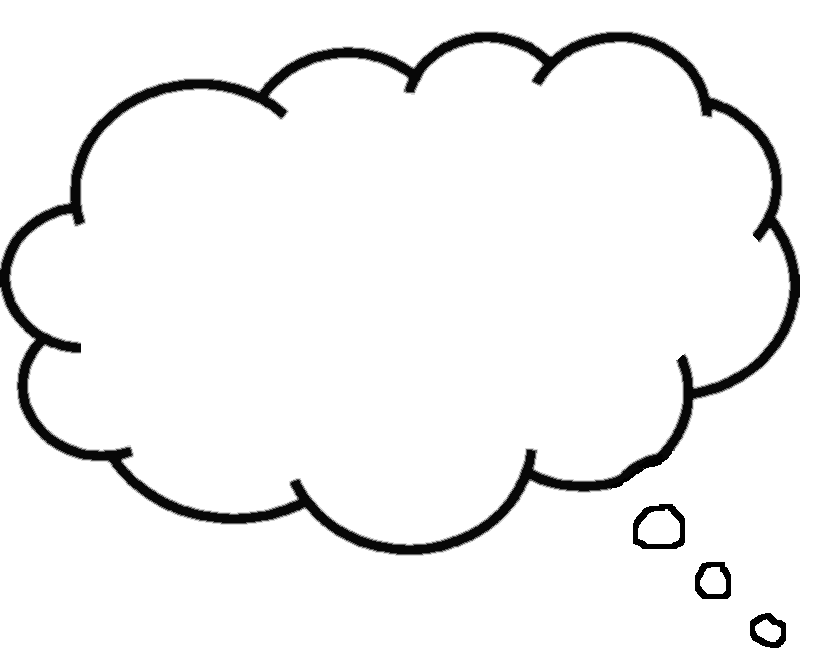
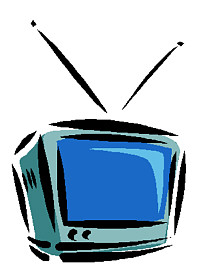
Use heat

Relaxation

Pace yourself

Take medications as prescribed







Identify triggers

Distract yourself

Positive thoughts