

Quick Guide:



Master your Mind : Master your Pain - It all starts with a thought ...

...Learn how to break old habits held by your unconscious mind, put there by past experiences or fear for the future... This is for information purposes only and is not medical advice. I am not a medical professional. This information is for chronic pain only. This is not for a new acute issue. Please seek medical advice from your doctor.

- Pain is designed to protect us
- It is temporary
- It is a reversible state
- The pain itself is not causing damage
- Language is more powerful than we realize.

physiological changes in our body can create our pain -

- Blood flow
- Brain activity
- Nerve-firing patterns
- Muscle tension

When we feel physical pain it can bring with it a mixture of:

- fears,
- anxieties
- and emotional reactions.
- This can have a profound effect on our mood and make us irritable and depressed.
- STRESS.

Stress from pain itself can cause:

- Anticipation of more pain
- Fear
- Worry
- A more sensitive nervous system

So much activity is going on inside our bodies when it comes to processing pain.

We feel it in our bodies through our:

- Gastrointestinal system
- Urogenital system
- Nervous system
- Heart
- Blood flow
- Muscles

Symptoms you may feel:

- IBS & Bladder Symptoms
- Tingling
- Numbness
- Burning
- Headaches & Migraines
- Rapid Heart Rate
- Palpitations
- Pain almost anywhere in the body.

- The nervous system can learn to feel these sensations and as the cycle repeats creating a habit, the brain and the nervous system become wired to make the body feel continuous pain....

What does the pain mean for you?

When pain becomes chronic, most people also experience a 'sensitivity adjustment'.

Over time, your brain keeps track of everything that could possibly be related to your pain. It starts to become more fearful of anything it thinks might be a threat, and eventually, the threshold for the brain's danger signal to go off becomes pretty low.

This hypersensitivity is almost universal in chronic pain sufferers.
You are not alone!

Things that used to feel safe now feel very threatening to your brain. It starts to perceive these activities as dangerous, and actually creates more pain in an effort to help you avoid them.

When pain becomes chronic, we also start to give it more attention. Studies have shown focusing your thoughts and attention on the pain can make things considerably worse.

Dr. Wager: says "Your brain is always learning. Your brain is incredibly plastic."

It also wires to attend to the pain so that over time, you become hyper-vigilant. It's a natural process: The things you do become more and more automatic over time, including thoughts.

Unwind it - use your conscious mind and will to replace those thoughts with other more resourceful thoughts, and replace avoidance with positive engagement.

Fill your life with positive things. When you engage in positivity, your brain surpasses the pain. Put your focus on something important to you, something you value.

So you're engaging the brain's natural mechanisms for turning down the pain when you engage in positive things.

"YOUR THOUGHTS BECOME YOUR FEELINGS, AND YOUR FEELINGS BECOME YOUR ACTIONS".

We are all unique and pain is a subjective experience.

The worry about pain continuing into the future can produce pain sensations in the present, this also goes for worrying about having been in pain in the past.

Stress is not an event or stimuli that happens in your life, it's your brain's judgment that what's happening exceeds your resources

Your beliefs about your own ability to handle the treatment and whether it will work can impact the actual efficacy.

Finally, once you become aware of which factors may be at play, start retraining your brain in those areas of your life.

Awareness is key. You are now aware!