

## Perspectives on Chronic Pain

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### Behaviours That Change Pain

#### Behaviours to decrease

Resting

Doing too much or too little

Focusing on pain and other bodily sensations

Searching for causes and cures

Avoidance of movement

Self-defeating self-talk

Taking medication too late

Panicking / focusing on emotion

Catastrophising

Being helpless

Being a victim

'Displaying' signs of invalidity e.g. groaning and limping.

#### Behaviours to increase

Relaxation

Pacing activity

Meaningful and satisfying activities

Activities for fun and pleasure

Movement for strength, endurance, mobility and enjoyment

More positive, realistic self-talk

Taking medication by the clock

Defusing emotions / Setting realistic goals / problem-solving approach

Putting things in perspective

Sharing responsibility for your health

Taking charge of life

Looking/acting as normal as you reasonably can. Ask family/friends