



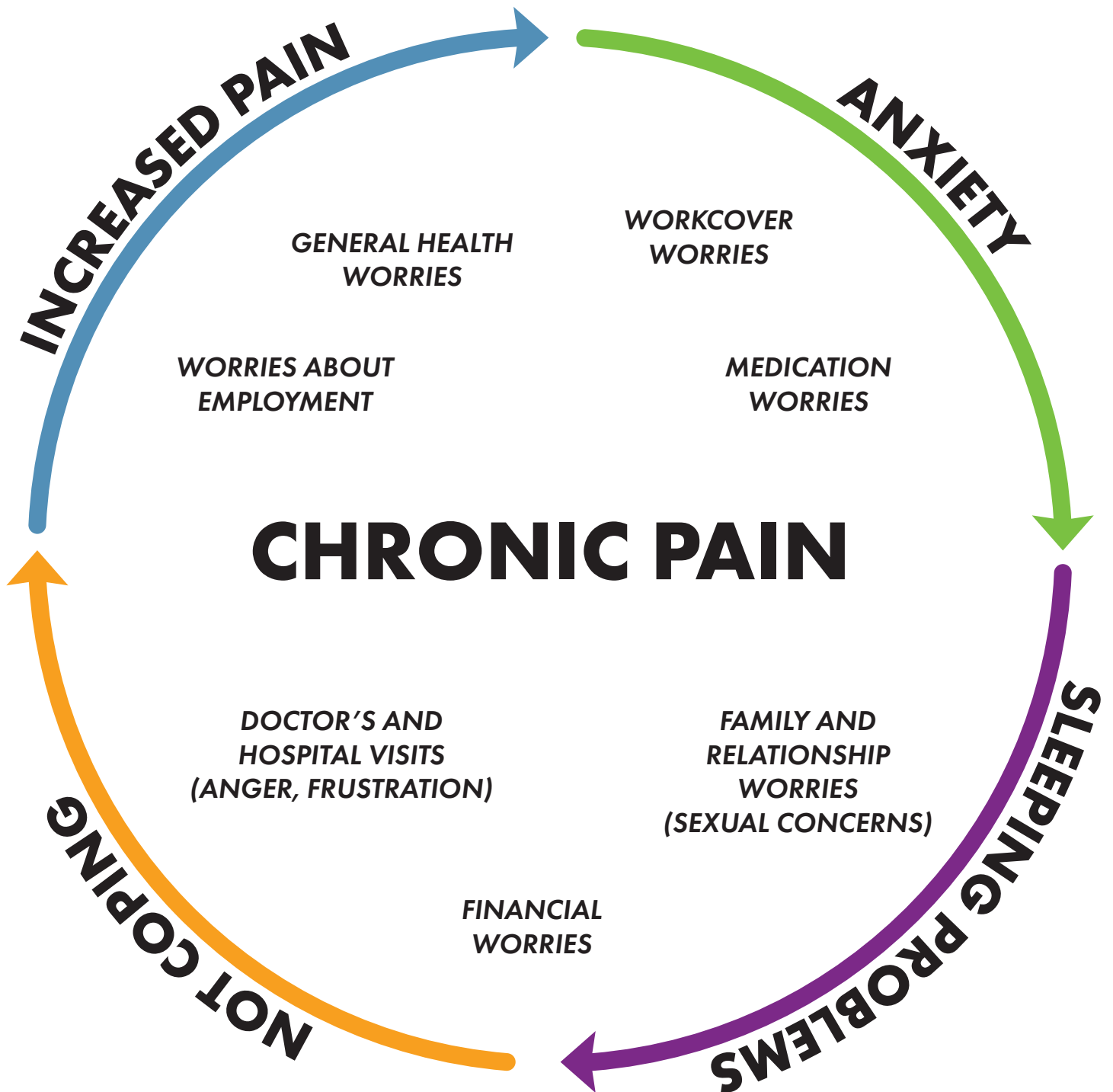
UNDERSTANDING PAIN



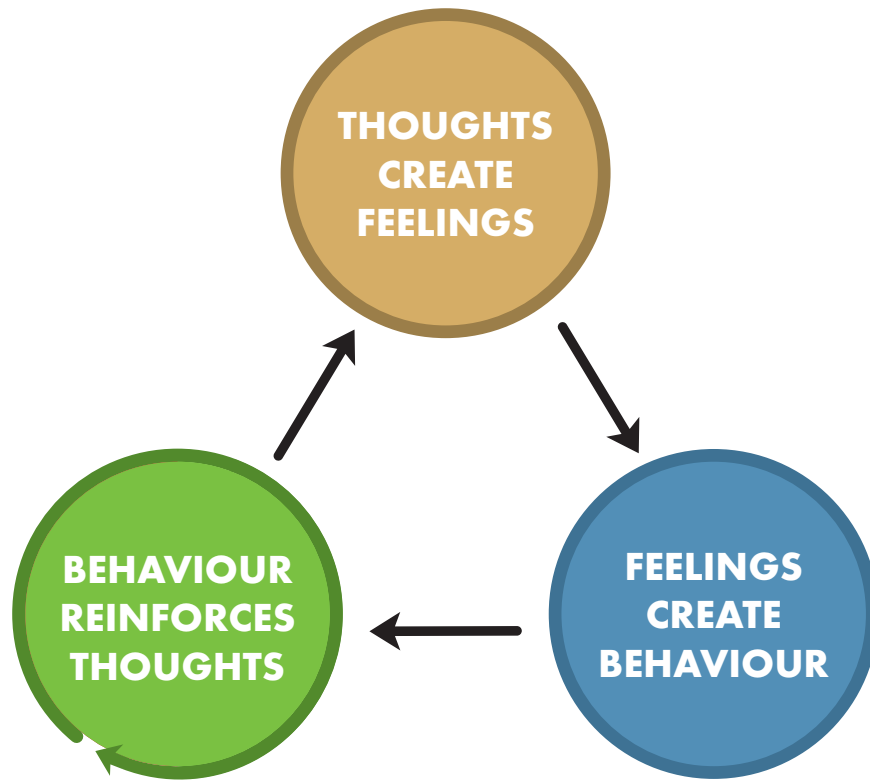
What Contributes to Pain



The Chronic Pain Cycle



Controlling your Thoughts and Behaviors



COGNITIVE

- Identify negative thoughts and thinking patterns which make you feel unpleasant using a thought diary
- Label the type of 'thinking error'
- Develop balanced thinking by looking for evidence for and against the thoughts and finding new evidence you might otherwise miss
- Learn new skills (i.e. distraction, positive self-talk, problem-solving skills)

BEHAVIOURAL

- Activity monitoring — link activity, thoughts and feelings
- Become more active — this leaves you less time to worry or listen to your negative thoughts
- Increase pleasant activities
- Break tasks into small achievable steps
- Face your fears — try to break negative cycles by dropping avoidance, escape and safety behaviors

Maintaining a Healthy Diet

ANTI-INFLAMMATORY FOODS

ALMONDS
AVOCADO
BEETS
BLACK CHERRIES
BLACKBERRIES
BLUEBERRIES
BROCCOLI
CELERY SEEDS
CILANTRO
COFFEE (1-2/DAY)
CURRY
EXTRA VIRGIN OLIVE OIL
FATTY FISH & FISH OIL
FIBER
FLAX SEEDS & OIL
GARLIC
GINGER
GREEN LEAFY VEGGIES
GREEN TEA
HAZELNUTS
KALE
LEMON WATER
MUSTARD SEED
NUTS & SEEDS
OLIVES
ONIONS & SCALLIONS
PAPAYA
PINEAPPLE
PARSLEY
RED WINE (1-2/DAY)
TURMERIC
WALNUTS

PRO-INFLAMMATORY FOODS

ALCOHOL (EXCESSIVE)
ARTIFICIAL COLORS
ARTIFICIAL SWEETENERS
ASPARTAME
COFFEE (EXCESSIVE)
CONVENTIONALLY RAISED DAIRY
CONVENTIONALLY RAISED MEAT
CORN SYRUP
DIET SODA
FAST FOOD
GMO FOODS
HIGH FRUCTOSE CORN SYRUP
HYDROGENATED OILS
JUNK FOOD
NITRITES (PROCESSED MEATS)
PARTIALLY HYDROGENATED OIL
PRESERVATIVES
PROCESSED FOOD
SHORTENING
SODA
SUCRALOSE
TOBACCO PRODUCTS
TRANS FATS
WHITE FLOUR
WHITE SUGAR