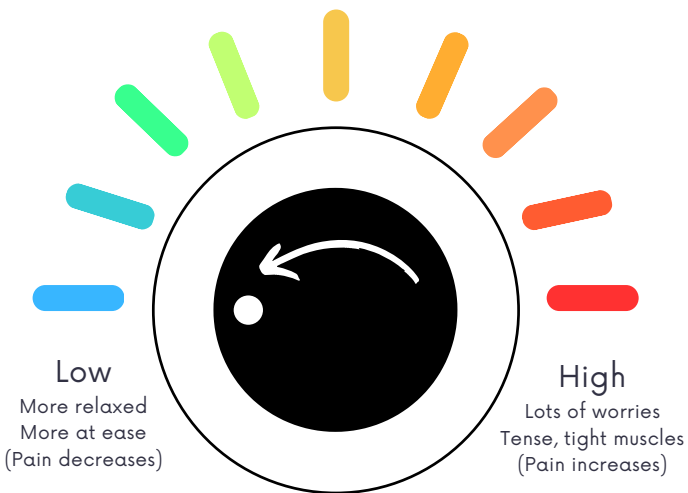


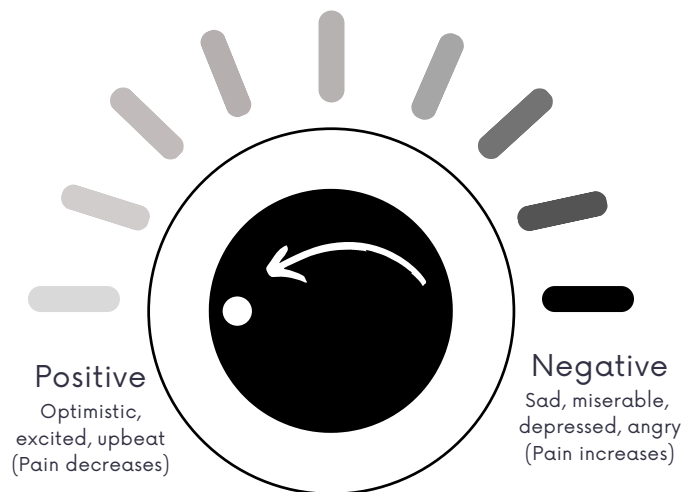
CHRONIC PAIN: LOWERING THE PAIN VOLUME

The prior handout, Pain Volume, looked at how stress and anxiety, mood and emotions, attention/focus, and medication can increase or decrease pain like a dial can increase or decrease the volume of a stereo. Certain things can increase the volume of pain while others decrease it. The graphic below shows how, in each of these areas, you can decrease the pain volume through different techniques.

Stress & Anxiety Dial



Mood & Emotions Dial



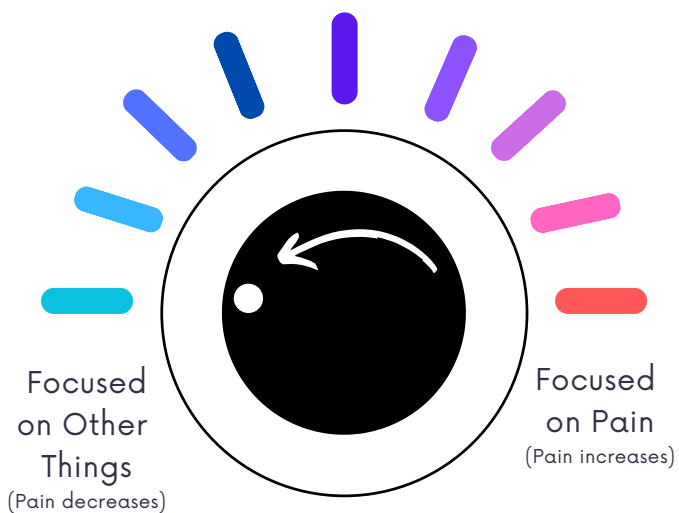
Techniques to Lower Stress and Anxiety:

Relaxation
Diaphragmatic Breathing
Mindfulness exercises

Techniques to Improve Mood:

Behavioral Activation Techniques (BAT) techniques such as
Activity Planning

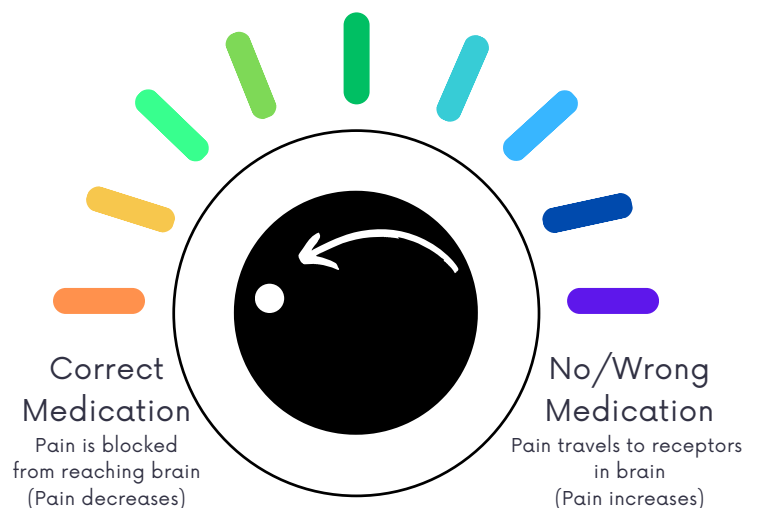
Attention/Focus



Techniques to Redirect Focus:

Defining your values can help to redirect focus. When pain is top of mind, think about a value in your life and turn your attention to something that aligns with that value (ex: "I value being good father. I'll think of ways to spend quality time with my child.")

Medication



Finding the Correct Medication:

Finding the correct medication for pain is a process best explored with a medical professional— it may take some time and adjustments to find the best fit for your unique situation