FACTORS THAT IMPACT PAIN

Chronic pain touches many parts of your life, and each piece affects how the others run. The interaction between each circle shown here impacts how you feel overall:

- **Physical Factors**
  - Degenerative changes
  - Muscle tension
- **Psychological Factors**
  - Catastrophizing
  - Focusing on pain
- **Social Factors**
  - Relationships, job, hobbies

The good news is, while some factors may increase or turn the volume up on pain, other factors may decrease it. And you can decide how to manage many of these factors.

Below are just a few examples of factors that may impact your pain:

<table>
<thead>
<tr>
<th>Factors That May Increase Pain</th>
<th>Factors That May Decrease Pain</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Physical Factors</strong></td>
<td><strong>Psychological Factors</strong></td>
</tr>
<tr>
<td>Degenerative changes</td>
<td>Medical interventions</td>
</tr>
<tr>
<td>Muscle tension</td>
<td>Relaxation techniques</td>
</tr>
</tbody>
</table>

**Thoughts**
- Catastrophizing
- Having balanced thoughts

**Emotions**
- Depression or anger
- Challenging negative thoughts
- Stress/worry/anxiety
- Exercise and relaxation techniques

**Behaviors**
- Under- or over-activity
- Using pacing regularly
- Lack of involvement in hobbies
- Increasing pleasant activities

**Social Interactions**
- Social isolation
- Positive time with family and/or friends
- Lack of or too much support from others
- Volunteering/community involvement