Bio-Psycho-Social Factors that WORSEN Chronic Pain

BIOLOGICAL

Tissue Damage or Degeneration

Excess Weight (inflammation and load)

Poor Sleep Hygiene

Lack of Daily **Therapeutic Movement** (physical therapy, yoga, Tai Chi)

Untreated Sleep Apnea

Under Activity

Over Activity

Guarding

Poor **Biomechanics**

Chronic Nicotine

Social Isolation

Fear of Movement/Injury

Muscle **Tension**

Uncontrolled

Excessive Alcohol

Negative Time with Family and/or Friends

Believing Chronic Pain is Harmful

Catastrophizing

(exaggerated

negative view)

Depression

Anxiety

Passive Coping

PTSD Strategies

Focusing on Pain

Chronic Pain

Lack of Pleasant **Activities or** Hobbies

Significant Other Response to Your Pain (highly responsive or anger/ignore)

Untreated Substance **Use Disorder** Anger/Stress/Worry

Helplessness

Too Much Social Support

Lack of Social Support

PSYCHOLOGICAL

Negative Thoughts About Pain

No Volunteering/Community Involvement -

SOCIAL

Bio-Psycho-Social Factors that HELP Chronic Pain

BIOLOGICAL

Regular **Exercise** Healthy Weight

Treating Sleep Apnea

Daily Physical Therapy At Home (stretches/exercises)

Sleep Hygiene

Non-Opioid **Oral Meds** (SNRI, TCA)

Self-Massage Acupuncture **Topical** Meds

Biofeedback

Ice/Heat

Self-Efficacy

Anxiety/Depression

Psychotherapy

Pacing Tai Chi

Activities

Yoga

Manageable **Chronic Pain**

(CBT, ACT) PTSD **Psychotherapy**

(CPT, PE, EMDR)

Challenging Negative Thoughts About Pain

Relaxation Techniques

relaxation, guided imagery)

Meditation

Distraction

Pain Education **Nicotine**

Free

Social Involvement

Positive Time with Family and/or Friends

Balanced Social Support

(deep breathing, progressive muscle

Spirituality

Pleasant **Activities**

PSYCHOLOGICAL

Psychotherapy for **Chronic Pain**

Volunteering/Community Involvement

