

# A WHOLE PERSON APPROACH TO PAIN

Be curious: Recovery is possible



## BIOMEDICAL

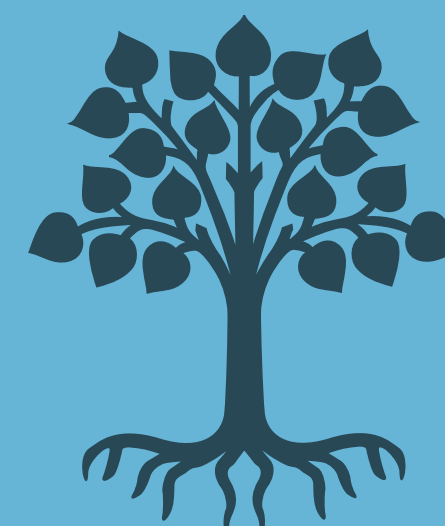
Your pain system can be over-active

Your scan does not explain your pain

Long term medications can be slowly reduced

## MINDBODY

Mind and body are linked



Explore beliefs that may hold you back

Address fear and other emotions that may keep you stuck



## CONNECTION

Connection to people and place is valuable

Build a support team

Connection

Activity

Mindbody

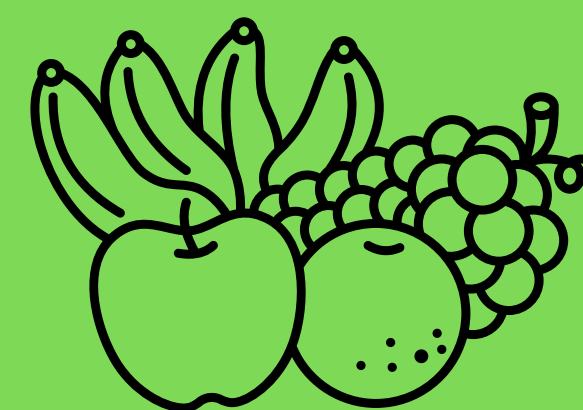
Nutrition

Biomedical



## NUTRITION

Eat a variety of real foods



Limit over-processed food and added sugars

Try healthy swaps

## ACTIVITY

Moving is safe with chronic pain



Strength training boosts recovery

Developed by Hunter Integrated Pain Service (HIPS). Click on these links for more information:

- HIPS website: [http://www.hnehealth.nsw.gov.au/our\\_services2/pain](http://www.hnehealth.nsw.gov.au/our_services2/pain)
- Brainman chooses: <https://www.youtube.com/watch?v=jlwn9rC3rOI>