Session #707: The Mental Aspects of Chronic Pain

Presented by
Justin Price, MA

TOPICS TO BE DISCUSSED

1. What Happens To the Mind When You Are In Pain For A Long Time?
2. How Does This Affect the Body?
3. How Do I Change My Mind (and Body)?
4. Ongoing Strategies

YOU LEARN BAD HABITS

Anger
Depression
Past/Future Thinking
Making Comparisons
Fatalistic Thinking
Lose Hope

YOU LEARN BAD HABITS

HOW PAIN AFFECTS THE BODY

YOU LEARN BAD HABITS

Brain and Nervous System
Muscular System
Skeleton
Movement
Hormones
Diet

PAIN AFFECTS THE MIND

YOU LEARN BAD HABITS

PAIN AFFECTS THE MIND

THESE BAD HABITS AFFECT THE BODY

YOU LEARN BAD HABITS

PAIN AFFECTS THE MIND
CHANGE MIND TO CHANGE BODY

CHOOSE YOUR FOCUS

- Focus on what you can do today
  - Focus on your successes
  - Focus on your journey
  - Focus on getting better

RULES APPLY TO EVERYONE

CHANGE BODY TO CHANGE MIND

- Rest/Breathe
- Nourish
- Meditate
- Massage

ONGOING STRATEGIES

- Prioritize
- Focus
- Consistency
- Faith/hope that you will get better!

Recommended References

The BioMechanics Method® Corrective Exercise Specialist Certification is available at the IDEA Booth for a discount after this presentation.

Justin Price will be available to answer your questions after this presentation. He can be contacted at www.TheBioMechanicsMethod.com

THANK YOU FOR ATTENDING