CHRONIC PAIN: A CYCLE OF STRESS AND PAIN

NEUROSCIENCE EXPLAINS HOW STRESS CAN FUEL PERSISTENT PAIN

STRESSES
- Past injuries, accidents or health conditions
- Relationships (family, romantic)
- Work
- Anxiety
- Sadness or Grief
- Anger
- Childhood adversity
- Unresolved painful memories
- PTSD
- Social isolation or rejection
- Discrimination
- and many more

WHAT THE BRAIN TELLS THE BODY TO DO WHEN IT’S STRESSED
Blood flow shifts from the frontal lobes (conscious way of thinking) into the limbic system (emotional, reacting, “fight or flight” part of the brain – the amygdala & ANS)

STRESSES (FROM PAIN)
- Sensitized nervous system
- Fear, worry & anticipation of pain
- Associating the pain with some catastrophic health issue

WHAT’S AFFECTED?
- Muscles
- Blood flow
- Nervous system
- Heart
- Gastrointestinal system
- Genitourinary system

YOU MAY FEEL:
- Pain almost anywhere in the body
- Tingling
- Numbness
- Burning
- IBS & bladder symptoms
- Palpitations
- Rapid heart rate
- Headaches & migraines

HOW STRESSES ARE PROCESSED AND STORED IN THE “PAIN PARTS” OF THE BRAIN
1. AMYGDA 
   - Sends signals to activate the ANS; activating fight or flight signals
2. ANS (Autonomic Nervous System)
   - Can cause acute spasms and other physiological changes anywhere in the body
3. ACC (Anterior Cingulate Cortex)
   - Emotional factors light up this area; when activated, DLPFC turns off
4. DLPFC (Dorsolateral Prefrontal Cortex)
   - An area of the brain that helps to decrease pain

PAIN & LEARNING BY THE NERVOUS SYSTEM RETURN AS STRESSES

THE NERVOUS SYSTEM CAN “LEARN” TO FEEL THESE SENSATIONS
As this cycle repeats, the brain and central nervous system can become wired to make the body feel continuous pain... often times even in the absence of structural or tissue damage

LEARN HOW TO BREAK THE PAIN CYCLE WITH THE CURABLE APP
curable