## The Cycle of Chronic Pain **Being** less active Time off Loss of work, money fitness, muscle worries, weakness, relationship joint concerns stiffness THE **CYCLE OF** Negative thinking, fear of the future, Create a 'no go' list of things depression **CHRONIC** can't do and mood swings **PAIN** Sleep problems, Weight gain and tiredness loss and fatigue Stress, fear anxiety, anger and frustration

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