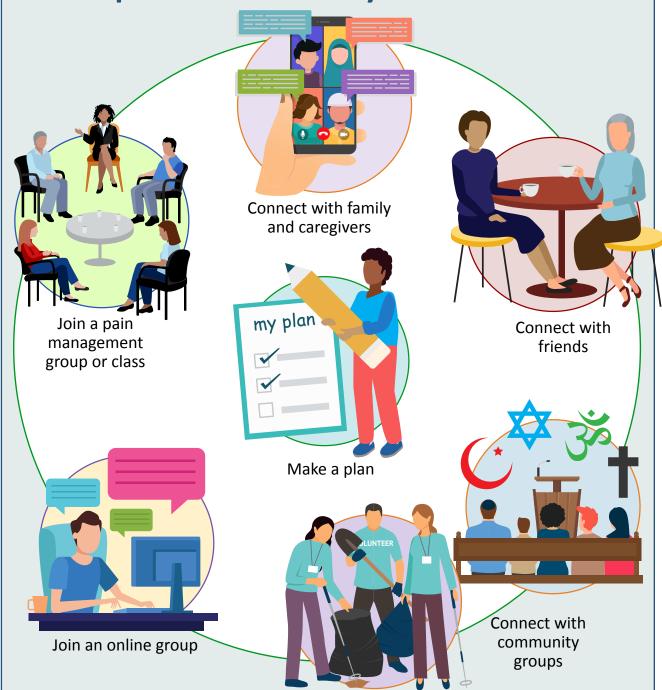
Do you avoid social situations?

Is your pain worse when you're alone?

Are you sometimes anxious or depressed?

# When you are connecting with others, pain won't bother you as much





Socializing with others rewires your brain and this can change your pain



Page 1

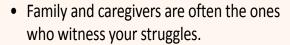
## HOW PAIN IS IMPACTED BY OUR SOCIAL CONNECTIONS:

When people live with pain, they can become isolated. Isolation can amplify pain in the brain. When people are not socially connected they tend to do less and focus more on pain.

### **HOW SOCIAL CONNECTION CAN HELP:**

We can begin to rewire the brain and reduce pain by changing a few habits. Connecting with others helps us be more active, happier, and focused on what matters to us. You can decide what activities make the most sense to you.

#### CONNECT WITH FAMILY AND CAREGIVERS



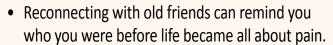
 Using new tools and sharing them with your family can help everyone feel more connected and hopeful.



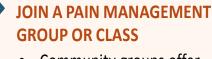
#### > JOIN AN ONLINE GROUP

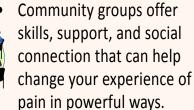
- You are not the only one dealing with pain – you can get support and learn about helpful things others have tried.
- Look for online groups that offer positive, action-oriented support without promising quick fixes.

## CONNECT WITH FRIENDS



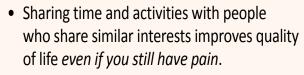
Sharing fun experiences with new people releases powerful brain chemicals that help us feel more confident and capable.

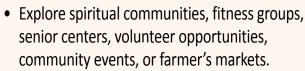




Check with your healthcare provider for pain management groups in your area.

#### CONNECT WITH COMMUNITY GROUPS







# Celebrate each social connection you make, no matter how small.

TELL COMMON TO C

	Steps to reach my goal:
l	

My short-term goal: