## 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** and mood can't do swings **PAIN** Sleep problems, Weight gain and tiredness loss and fatigue Stress, fear anxiety, anger and frustration

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2019









daniel@massageterapeuten-gbg.se



ttps://www.massageterapeuten-gbg.se