

Where is Safety?

When we have pain, it is alerting us to a potential threat. When we feel pain, we immediately register what brings on our symptoms - movements, positions, times of the day. We remember these, because our brain is wired for survival, and therefore promotes fear and avoidance towards what is potentially harming us.

Unfortunately what we don't recognise as easily is what makes our symptoms better- sleep, positions, movements etc. When we know what can make our symptoms better, we have more control over our actions and our overall situation.

What makes my pain worse?

E.g. moods, positions, movements, time of the day etc.

What makes my pain better?

E.g. be moods, positions, movements, time of the day etc.

When the threat of possible damage outweighs the means of safety, we can become panicked (i.e. a sore elbow, where the symptoms are significant and don't seem to go away). This increases our protective response, as the brain registers the need for immediate action, and so makes the message more URGENT to address the issue. It is critical when we have pain, to identify what seems to make it settle. This ultimately helps with our management. Where can we find **safety**?