

The role of psychology in Pain Management

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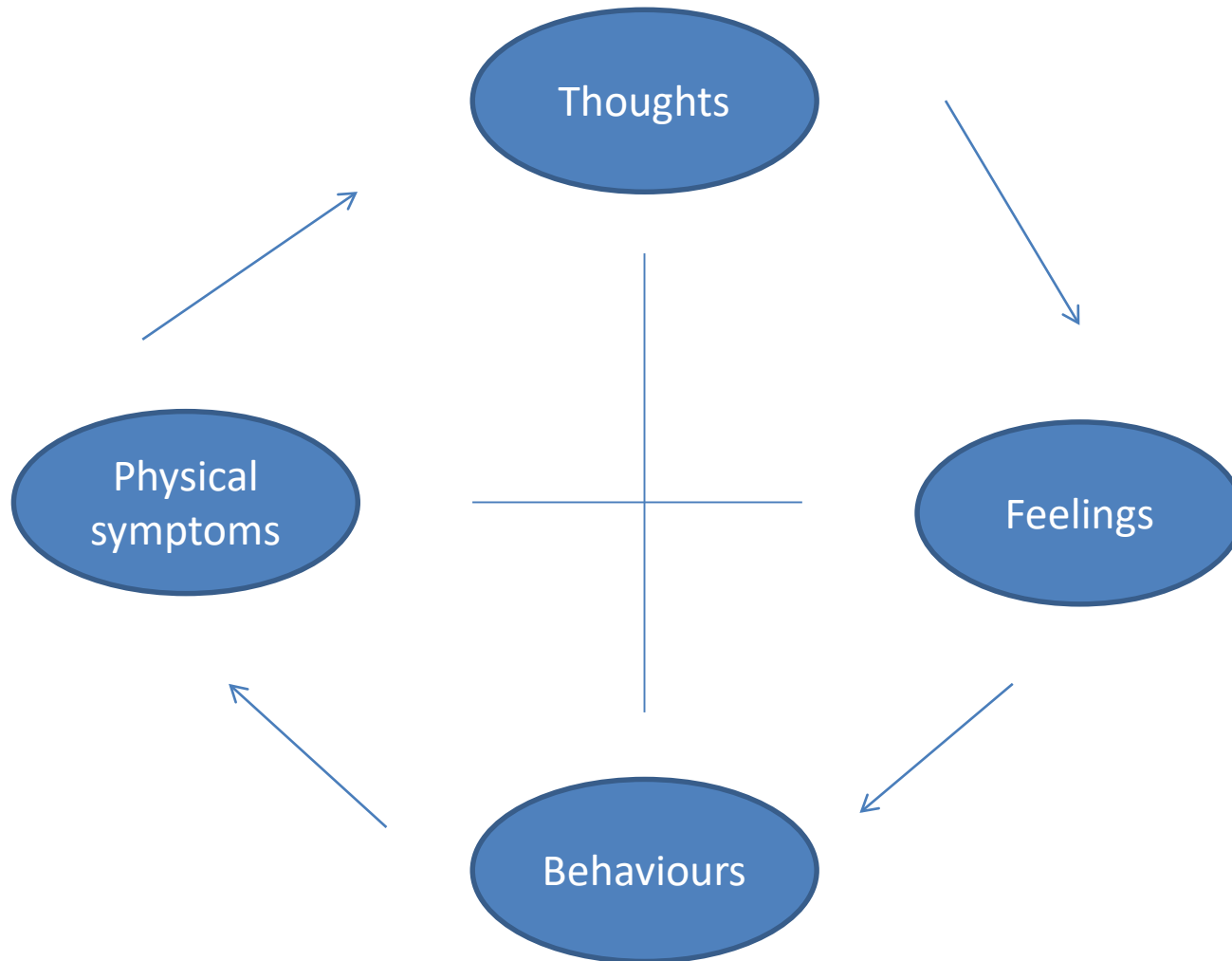
Psychology and pain

- What do we do:
- Wind down the nervous system
 - Environment, emotions, senses, thoughts
 - Adjust
 - Adapt
 - Accept

Strategies

- Understand pain cycle
- Increase self-care
- Self soothing
- Pacing
- MF

Pain links



Self-care

- Sleep
- Rest
- Enjoyable activity
- Eat well
- Limit alcohol
- Gentle exercise

Self-soothing box

- Touch
- Taste
- Smell
- Sound
- Sight



Lets think differently

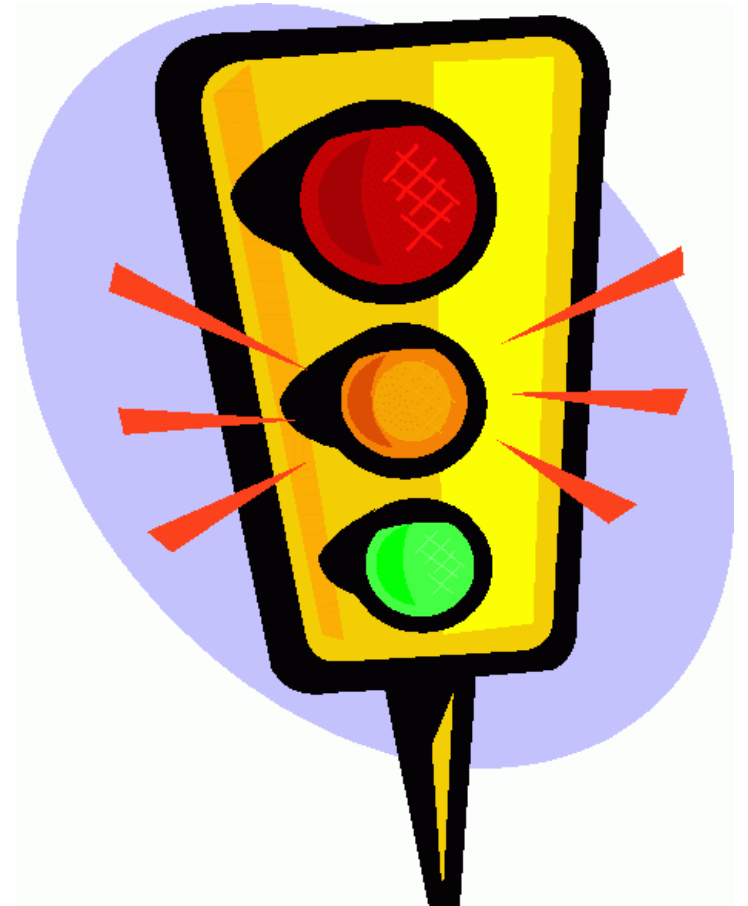
Red –

bad days, lots of symptoms, fatigued

Green –

good day, less symptoms, lots of energy

Amber – consistent, pacing, increase tolerance



Mindfulness

- What is mindfulness
 - To deliberately focus on something, curiously and without judgement
 - To be connected to the present moment



“You can’t stop the waves, but you can learn to surf” Jon Kabat-Zinn