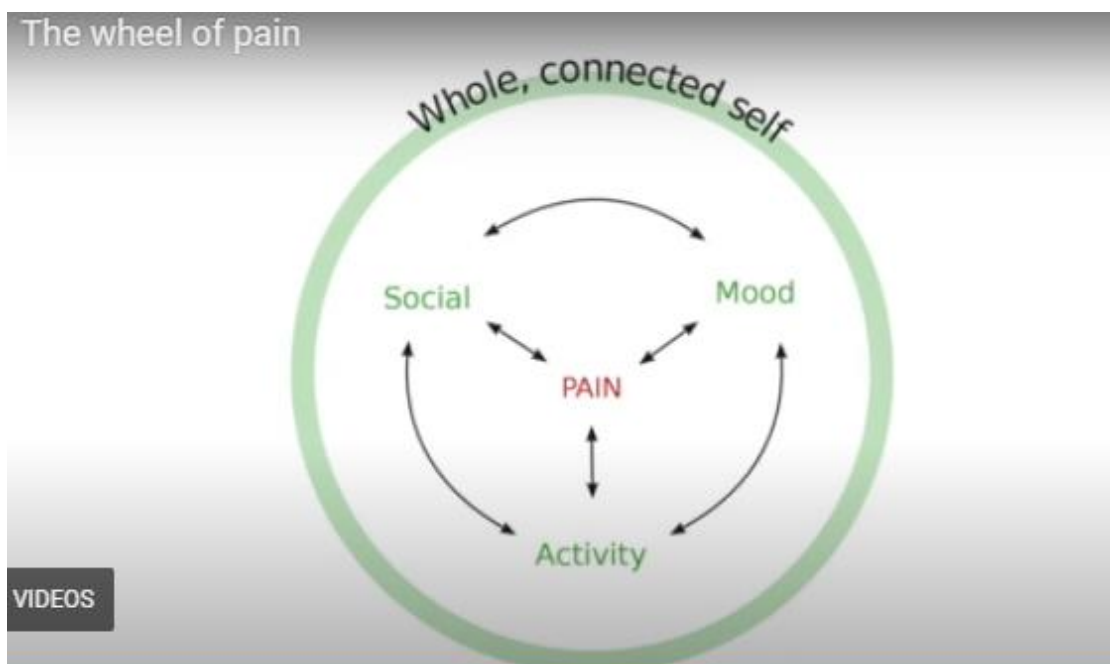


The Wheel of pain



✿ Key Learnings

Pain doesn't just affect your body—it touches every part of your life.

- It can influence your **mood**, **daily activities**, **social connections**, and **sense of self**.
- These same areas—your mood, activity levels, and relationships—can also influence how you experience pain.
- Pain may cause you and your **whānau** to withdraw or feel isolated.
- By actively managing these areas, you can shape how pain affects you and those around you.

✂ Skills to Practise

- **Connect** with others, including in the online programme—sharing helps reduce isolation.
- **Take notice** of what parts of your life are impacted by pain, and what parts might be impacting your pain.
- **Explore strategies** that help you cope and regain a sense of control.
- Ask yourself: *What would it look like to be more 'in charge' of your pain experience?*

? Quiz Questions

Question 1: How can managing your mood, activity, and social interactions influence your pain experience?

- A. It makes pain disappear instantly
- B. It reduces the need for medication
- C. It helps shape how pain affects you and your whānau
- D. It prevents pain from ever returning

Explanation: These areas influence how pain is experienced and how it impacts your life and relationships. **Answer:** C