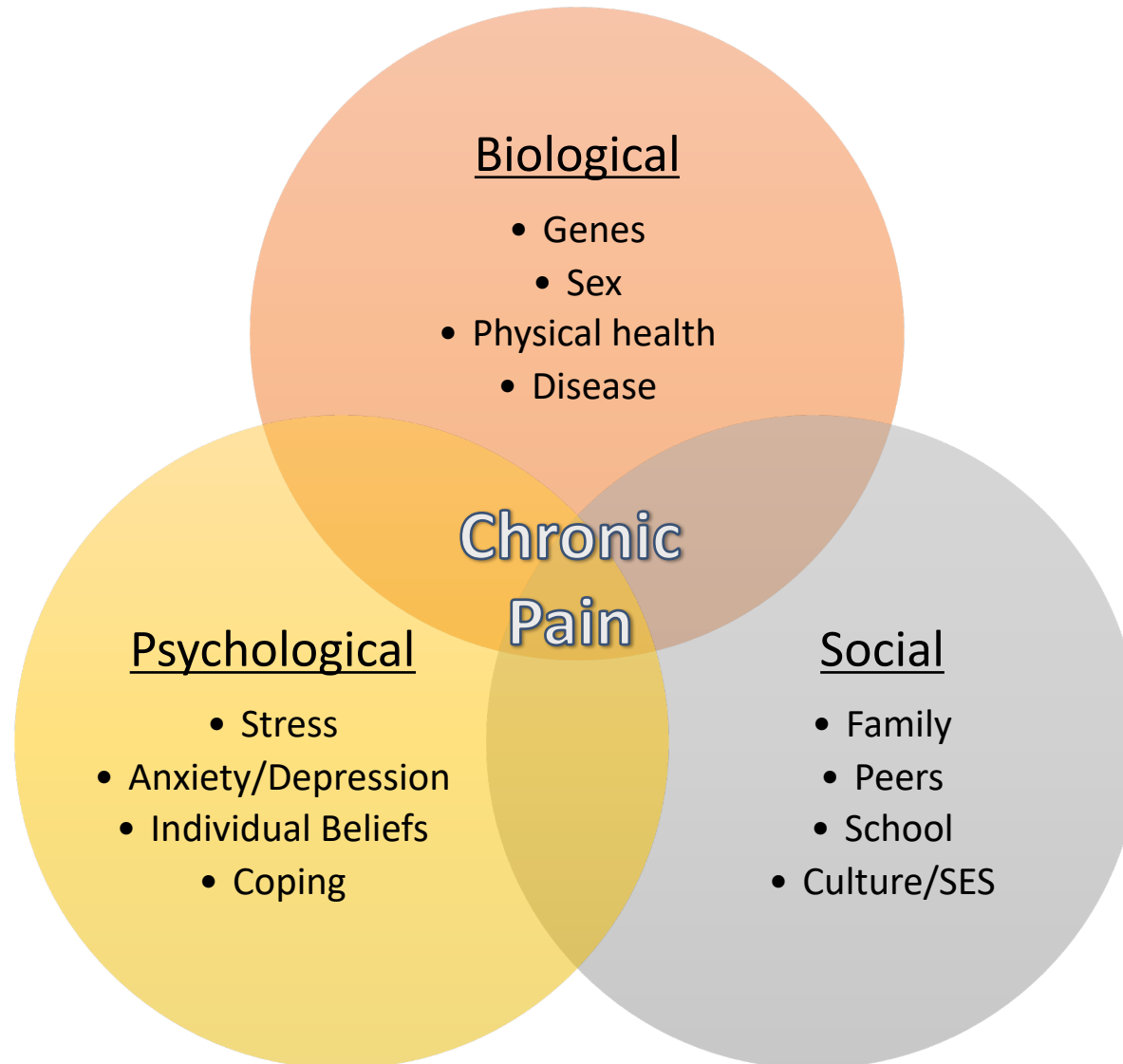


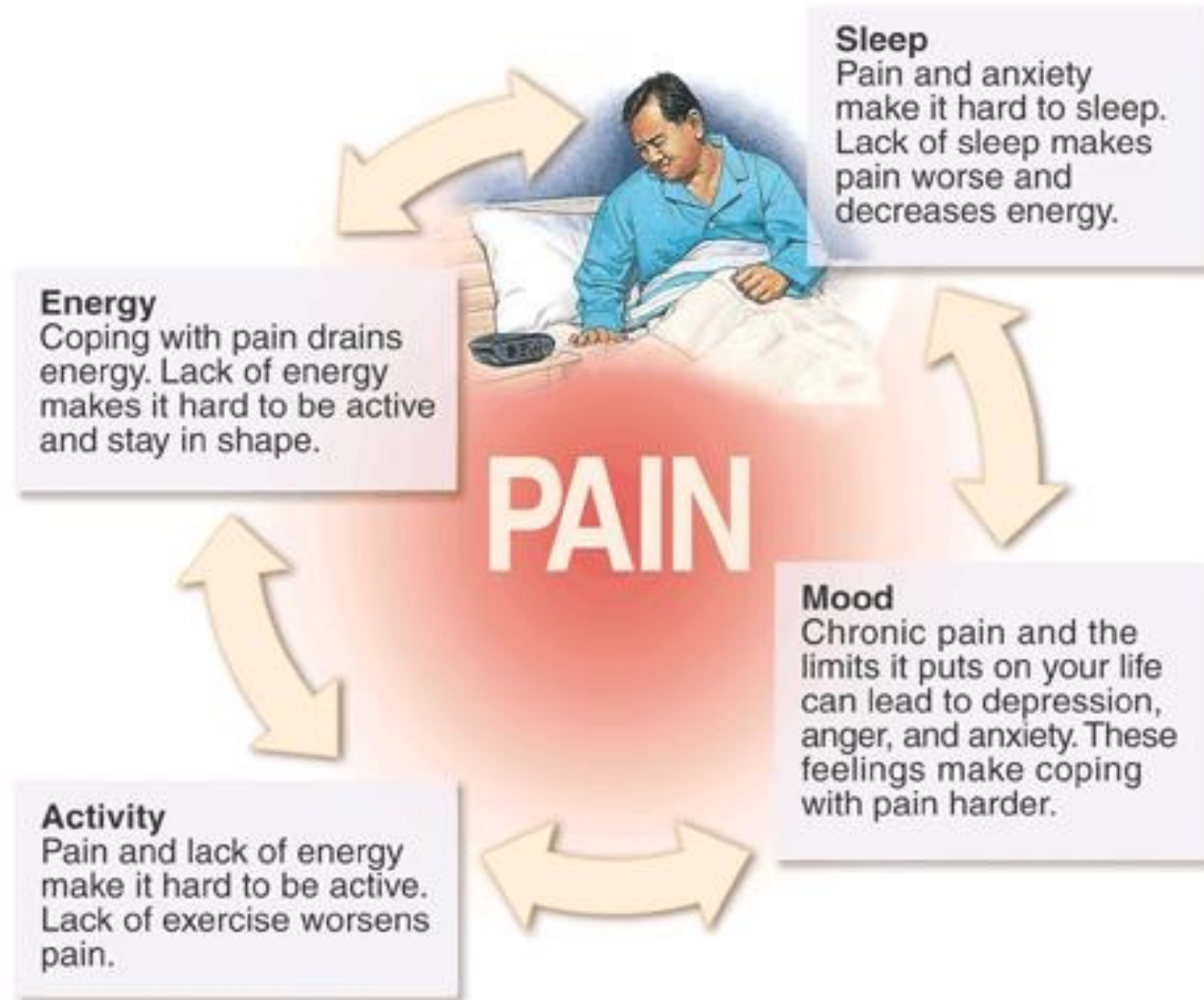
Biopsychosocial Model



Chronic Pain and Mental Health

- Depression
 - Up to 85% of patients with chronic pain are affected by severe depression
 - Same brain areas process both pain and depression
 - Same neurotransmitters are involved in both the occurrence, development, and treatment of pain and depression
- Anxiety
 - Up to 60% of people with chronic pain have anxiety
 - Same sympathetic nervous system activity in anxiety and pain
- Trauma
 - 50% of people with chronic pain have PTSD symptoms
 - Somatic hypervigilance

Negative Cycle: Pain, Mood, Dysfunction





Relaxation Skills

- Diaphragmatic Breathing
- Guided Imagery
 - Elicit Images (mind)
 - Use the senses (body)
 - Vision, touch, hear, smell, taste
 - Sensory *images* can have the same impact as sensory *perception*
- Progressive Muscle Relaxation
 - Series of tensing then releasing muscle groups
 - Focus on the contrasting feelings of tension and relaxation
 - Tense for 5 seconds, relax for 10 seconds



Mindfulness Meditation

- *Mindfulness*: “the **awareness** that emerges through paying attention, in a particular way, on purpose, in the present moment, and nonjudgmentally, to the unfolding of **experience moment to moment**”

- Jon Kabat-Zinn

- *Meditation*: the **practice** of awareness

Practice and Resources

- Treatment for symptoms of anxiety, depression, or trauma
 - Therapy (CBT) – you may have to educate your therapist about FSHD
 - Talk to your PCP, call your insurance company, or try Psychology Today website-therapist finder
- Relaxation skills
 - Breathing, imagery, progressive muscle relaxation
- Mindfulness is always available to you
 - Formal seated meditation practice or
 - Choose an everyday activity to practice mindfulness
- Helpful Resources
 - Headspace
 - Calm
 - 10% Happier
 - Books on Mindfulness by Jon Kabat-Zinn, Thich Nhat Hanh