



Chronic Pain: Roots & Remedies

Session Guide and Review Notes

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5 min Welcome and Introduction

PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version

Summary: Chronic Pain: Roots & Remedies

- Chronic pain is pain that lasts for more than 6 months. It is associated with a wide range of injuries & disease, and is sometimes the disease itself (back, neck, & headache). Chronic pain is affected by emotional, social, & psychological factors.
- **Pain “Kindlers” trigger or enhance pain:**
 1. **Expectation.** Pessimistic & anxious attitudes can amplify pain response.
 2. **Stress and mood.** Catastrophizing, anxiety, depression, guilt, and negativity heighten the sensitivity & activity of pain circuits.
 3. **Nutrition.** Sweetened drinks, caffeine, fatty foods can increase pain molecules.
 4. **Sedentary & lack of exercise.** Lack of movement stiffens the body.
 5. **Lack of sleep.** Lack of sleep increases stress hormones & inflammation.
 6. **Loneliness & isolation.** Isolation magnifies sorrow, pain, & depression.
- **Pain “Dampeners” increase the strength to cope:**
 1. **Be positive.** Positive expectations increase mood-elevating chemicals.
 2. **Be thankful.** Record daily in a “thank-you” journal.
 3. **Nutrition.** Eat plant foods (especially beans, vegetables, greens, and fresh fruit) and healthy plant fats like walnuts, ground flax and chia to lower inflammation. Stay hydrated. Drink plenty of water.
 4. **Exercise.** Gentle exercise can reduce anxiety, pain & improve energy levels, flexibility, muscle strength, & circulation. Get responsible sunshine & Vitamin D.
 5. **Sleep.** Establish a “sleep routine.”
 6. **Connect.** Get support. Join a church, hobby or support group. Connect with those less fortunate than you. Connect with God; he will comfort, guide, & sustain you.
- Always work with your health care provider.

10 min Discussion Time 1: What are your thoughts?

- ✓ What lifestyle choices can be pain “kindlers”?
- ✓ Discuss ways to reduce pain with pain “dampeners”.

5 min Discussion Time 2: What is your story?

- ✓ You or someone in the group may have a “delivered story” that pertains to the session topic. Take a few minutes for you or a guest to share.

5 min Freedom Journey: Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** A “sleep routine” can improve pain sensitivity.
- **Recalculate:** Thoughts have a powerful effect on pain sensitivity.
- **Reframe:** Gentle exercise can bring joy and strength.
- **Remember:** Work with your healthcare provider to adopt a plan that works for you.

10 min Discussion Time 3: What have you learned?

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

Lifestyle Links: Lifestyle links for building physical, mental, emotional, and spiritual strength.

Reboot and Rebound: Daily choices build a better brain, body, and habits.

- **Create a Lifestyle:** Choose healthful foods to reduce inflammation. Gentle exercise can help control sugar cravings and appetite.
- **Create an Environment:** Record in a daily “thank-you” journal.
- **Create Connections:** Join a hobby or exercise group. Make a connection with God. Go to church.

10 min Discussion Time 4: What will you do?

- ✓ What is your reason for wanting better health?
- ✓ Which of the **Lifestyle Links** are your focus right now?
- ✓ What is your first step?

5 min Group Promise, Affirmation, and Prayer to Close Session

Pray and Say: Divine power and daily practice change the brain.

- **Prayer:** “Dear God, thank you that by your power and strength, I am Living Free!”
- **Promise:** “I can do all things through Christ who strengthens me.” Philippians 4:13.
- **Affirmation:** “Thank you God for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

Handout: Balanced Living Tract: Chronic Pain: Roots & Remedies