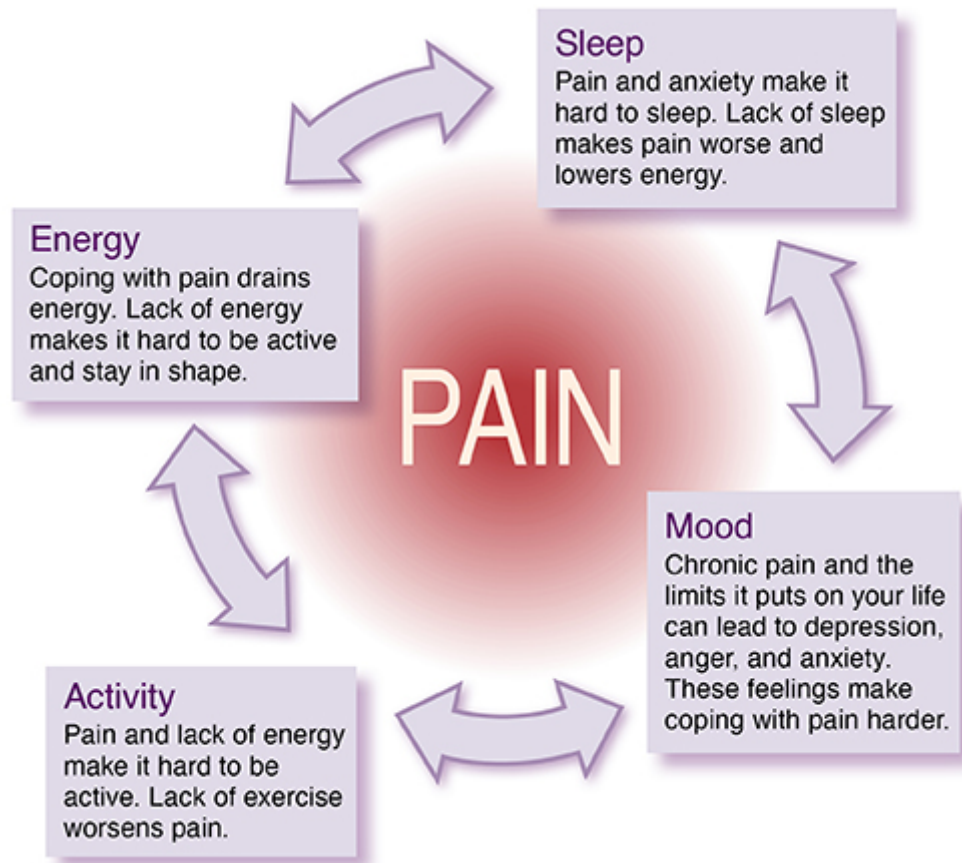


## The Cycle of Chronic Pain



Pain can affect virtually all parts of your life. Your sleep, mood, activity, and energy level can all be disrupted by pain. Being tired, depressed, and out of shape can make the pain worse and harder to cope with. So, a pain cycle begins.



### Note for family and friends

It can be difficult to help care for a friend or family member with chronic pain. Talk with a healthcare provider or mental health professional who can help you learn how to care for yourself and your loved one in a healthy manner.

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