Struggling to maintain a position that doesn't increase your back pain?

Worrying about becoming increasingly dependent on others for help with routine tasks?

Feeling guilty for not being the "ideal" active and engaged parent you want to be, due to physical limitations caused by back pain?

Does back pain make you feel a heightened sense of vulnerability?

Questioning how you will manage your life your condition potentially worsens?

Previously, you might have prioritized career or personal achievements.

But……

With the chronic pain and its limitations:

There should be a shift towards valuing health, well-being, and quality time with family!

Deepening relationships with family and friends to build a stronger support network.

Engaging in therapy to address feelings of vulnerability, loss of self-esteem, and anxiety.  
P.S. Did you know your posture influences your mood and energy levels, not just your spine? Anyways more on that tomorrow!