












The Seven Realms Chart of Risk and Protective Factors to Prevent Chronic Pain

Realm	Protective Factors 	Risk Factors 	Actions to follow 	Actions to avoid 
	Prevents Pain	Leads to Pain	Reduce risk of chronic pain	increases risk of chronic pain
B Body Physical Somatic 	Balanced Relaxed Posture Full Range of Motion Endurance Strength Relaxed muscles and joints Genetic protective factors Moderation to prevent injury	Tense unbalanced posture Tense tight muscles Poor conditioning Weak muscles and joints Co-morbid/ obesity Genetic risk (pain, hypermobility) Acute injury	Good posture—head up, shoulders back, tongue up, sit up Stretching exercise (Yoga, Pilates, Warm-up) Condition exercise (running, walking, swimming) strengthening exercise (weights, resistance, push-ups) Practice relaxation and deep breathing daily Manage weight, co-morbid conditions Move, Exercise, NSAID, Diagnose (MEND)	Shoulder slouching, Forward head, teeth clench, Lift at waist No stretching or overstretching Too much inactivity, sitting, and lying down in day Too much, too fast, too painful Sustained tensing, repetitive strain of muscles Manage co-morbid conditions Inactivity after acute injury (except fractures/tears)
L Lifestyle Actions Behaviors 	Healing pain-reducing diet Activity Level Good sleep Pacing variation in lifestyle Low risk behaviors supplements/ medication	Pain enhancing diet Inactivity/ sitting Poor sleep Hurrying, rushed Repetitive strain High risk behaviors Chemical/ medication use	Follow healthy diet pyramid (diet handout) Stay up and busy all day Good sleep routine every night (SLEEP handout) Stay calm, leave early for appointments, schedule modestly take breaks, stretch, alter movements drive defensively, wear seat belts, helmets, stay clean of chemicals	Fat, sugar, processed food, meats Dietary pain triggers (caffeine, sensitivities, stimulants) Excessive resting, sitting, lying down over-scheduling, leave late, hurrying Work activities with sustained tensing/ repeated strain Risky driving, biking, lifestyles, or extreme sports tobacco, medication overuse/ conflict, stimulant, illicit drugs
E Emotion Feelings Affect 	Joy Confidence Calm Happiness Contentment	Anger Anxiety Nervousness Sadness Depression	Being creative, imaginative (cooking, gardening, art, music) Finding joy in the little things in life Practice relaxation and breathing to calm emotions Practice positive psychology daily: appreciate blessings Identify, discover, express your emotions	Repetitive boring daily routine. Same spot every day Ignoring how your body expresses emotion. Avoiding conflict. Not Dealing with it Lack of appreciation Ignore feelings and emotions
S Society People Relationships 	helping others harmony and peace receive social support Positive relationships Tolerant/ Forgiving	self-centered conflict/ abuse lack of support,lonely, isolated Secondary gain Intolerant/ Unforgiving	Review handout: positive relationships Help others daily Be routinely courteous and respectful Provide social support to friends and family Create win-win in resolving conflicts	self-centered, withhold/ignore social support isolated, avoid others Disrespect to others Disability and litigation getting revenge with violence and cruelty
S Spirit Purpose Beliefs 	Self-compassion Self esteem Clear purpose and direction Defined belief and faith Hope/ Optimism	Stress and Burnout Hate and low self esteem Lost/ Meaningless Disbelief/ Cynicism/ Doubt Hopelessness / Pessimism	Practice meditation and gain insight, solutions Practice prayer and ask for help Set goals and defining life purpose and direction Follow dreams, hopes, and aspirations Bring passion to life	Not dealing with stress and burnout Living with hate and anguish Living a life with no meaning and purpose living with no hope or aspirations Lack of passion, excitement, and enthusiasm, even if quiet
M Mind Cognition Thoughts 	Understand whole problem Resilience/ rebound Self-efficacy/ control Accept responsibility Daily compliance Realistic expectations Active coping	Ignorance of whole problem Low resilience Low self-efficacy/ control Deny responsibility Poor compliance Unrealistic expectations Passive coping	Learn about condition and it's risks and protective factors Resilient (humor, balance, flexibility, toughness, centered) Self-motivated, growth, responsible Optimism and positive affirmations Practice new healthy habits/ behaviors daily, use reminders Define small steps and realistic goals/ expectations Learning active coping and adapting skills	Ignore, deny, or avoid being honest and telling the truth Catastrophizing, think the worst will happen Deny responsibility Wallowing in negative/ pessimistic/ self-degrading thoughts hurried disorganized mind with poor compliance Maintain unrealistic expectations and goals Over react to or avoid changes in your life
E Environment Nature Surroundings 	Clean Organized Safe surroundings protective cautious/ careful	Infective, filthy Chaotic dangerous surroundings accident prone Negligent	clean and organize the home reduce home air pollution follow food safety Safe home and work environment, protect the head Follow good safety practices at work and home	clutter, unprotected sharps, guns, dangerous furniture Living in home air pollution (smoke, dust, chemicals) Poor cleaning or storing food cluttered, disorganize, careless home avoid risky environments, settings