

|                              |                       |                         |                  |               |
|------------------------------|-----------------------|-------------------------|------------------|---------------|
| <b>B</b>                     | <b>I</b>              | <b>N</b>                | <b>G</b>         | <b>O</b>      |
| Sleep                        | Aches<br>and<br>Pains | Depression              | Pain             | Medication    |
| Carpal<br>Tunnel<br>Syndrome | Self-care             | Mood<br>swings          | Acupuncture      | Nerve<br>Pain |
| Phantom<br>Pains             | Surgery               | <b>FREE</b>             | Acute            | Fibromyalgia  |
| Genetics                     | Persistent<br>Pain    | Inflammation<br>Anxiety | Disability       | Mindfulness   |
| Diet                         | Arthritis             | Muscle<br>Aches         | Tissue<br>Damage | Co-occurring  |

|                         |               |               |                        |                 |
|-------------------------|---------------|---------------|------------------------|-----------------|
| <b>B</b>                | <b>I</b>      | <b>N</b>      | <b>G</b>               | <b>O</b>        |
| Surgery                 | Acupuncture   | Pain          | Carpal Tunnel Syndrome | Mood swings     |
| Depression              | Tissue Damage | Medication    | Arthritis              | Nerve Pain      |
| Genetics                | Acute         | <b>FREE</b>   | Fibromyalgia           | Aches and Pains |
| Disability              | Muscle Aches  | Sleep         | Co-occurring           | Persistent Pain |
| Inflammation<br>Anxiety | Mindfulness   | Phantom Pains | Self-care              | Diet            |

|               |                 |                         |                        |            |
|---------------|-----------------|-------------------------|------------------------|------------|
| <b>B</b>      | <b>I</b>        | <b>N</b>                | <b>G</b>               | <b>O</b>   |
| Arthritis     | Muscle Aches    | Acupuncture             | Mindfulness            | Acute      |
| Sleep         | Genetics        | Inflammation<br>Anxiety | Self-care              | Medication |
| Phantom Pains | Co-occurring    | <b>FREE</b>             | Persistent Pain        | Disability |
| Surgery       | Nerve Pain      | Pain                    | Tissue Damage          | Depression |
| Fibromyalgia  | Aches and Pains | Mood swings             | Carpal Tunnel Syndrome | Diet       |