





CLARIFYING MYTHS ON THE EFFECTS OF PAIN ON QUALITY OF LIFE

There are many common thoughts on how pain affects a person's quality of life. Some people may not find it easy to know which ones are true and which ones are false. You may have heard certain things about the way pain affects people's lives or you could have made your own observations about it. Relying on false information can be serious and may lead to dangerous situations. Please see the following list of common thoughts on the impact of pain in people's daily life, then in the box next to it see whether that statement is true or false.

Common thoughts on life with pain	Is this true or false?	Explanation
<i>People with chronic pain find the mornings and the nights the hardest times to deal with their pain.</i>	TRUE 	<ul style="list-style-type: none">▪ The mornings are often very difficult because limbs and joints are stiff and people can be quite tired when they wake up because they did not have enough sleep during the night, due to their pain. At night time, the pain may increase because individuals are tired from their daily activities.
<i>Exercising is only important to help you stay in good physical shape.</i>	FALSE 	Exercising is not only important in contributing to your fitness but also to your confidence, mood and self-esteem. Exercise has also shown to help reduce pain, insomnia and depression.