



Your Brain on Pain

**The way pain is perceived
can vary from one
individual to the next.**

- Acute pain is the brain's warning signal that something is wrong with the body.
- Bodily injuries trigger inflammation, which keeps the pain sensation going so that the individual knows to "protect" the injury.
- Chronic pain can trigger the nervous system to enhance the sensation of pain, even when the original pain stimulus has resolved.
- The brain creates the experience of pain, so pain can be different for everyone, and depends on a person's emotional state and setting in which the injury occurs.

