

## Open the Gate = Makes Pain Worse

## Close the Gate = Makes Pain Better

Deficit mode - things can't do. Pain is preventing from doing something

Taking a bath, yoga Nidra

News, stress

Distraction, crafts, painting

Panic, socializing not going well, thoughts "people are going to notice"

Walking/hiking in nature, bird watching, focusing on the outdoors, outside of self

Lack of sleep

Pets

Scents, smells, lights for migraines

Outside, nature, gardening, watching birds/bees, gets brain out of body

Not doing stretches or exercises

Sense of wonder, noticing leaves on a tree, art, bigger sense of the world, beauty, almost

Space between sleeping and waking

Physio/stretching

Forget about the things that helped with pain

Movement, going to the pool, distraction, focus on good things, church, prayer

Standing and sitting for longer periods