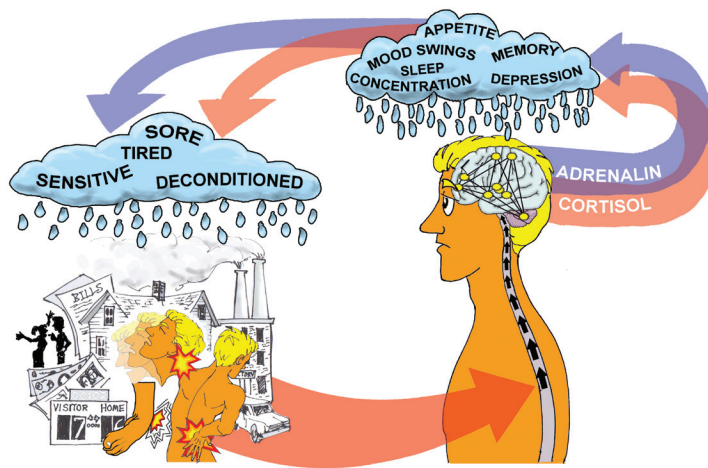


When faced with a threat such as living with pain every day, various systems in your body will protect you. The systems are activated by stress chemicals. Over time, these chemicals will have a significant effect on you. Look at the image below. Check off on the list that follows all the symptoms you experience. This will help you to gain a greater understanding of why you are constantly fatigued.



- ☐ **Depression** – Feeling down
- ☐ **Mood swings** – Going from high to low
- ☐ **Appetite changes** – Food tastes different
- ☐ **Memory changes** – Problems remembering things
- ☐ **Weight gain** – Difficulty losing weight
- ☐ **Focus problems** – Problems concentrating on tasks
- ☐ **Sleep issues** – Difficulty getting to sleep and getting a deep, refreshing sleep
- ☐ **Soreness**
- ☐ **Tiredness**
- ☐ **Sluggishness**
- ☐ **Fatigue**
- ☐ **Sensitivity**
- ☐ **Deconditioned or out of shape**

**Education is therapy.** Learning about the neuroscience of fibromyalgia will help you get better. As you move through the workbook, it's important that you ask questions. Your healthcare provider will help you answer them. Use this page to write down any questions you have up to this point based on this session.

Write your questions here.

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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