

# CHRONIC PAIN?



Are you experiencing any of the following?

- Joint Pain
- Muscle Pain
- Burning Pain
- Fatigue
- Trouble sleeping
- Mood problems including depression, anxiety, and irritability due to chronic pain

# FEELING SAD



Are you experiencing any of the following?

- Persistent sad, anxious, or "empty" feelings
- Lack of motivation
- Difficulty making decisions
- Low self-esteem
- Guilt, worthlessness, or helplessness
- Irritability
- Grief
- Disturbed Sleep
- Chronic fatigue
- Loss of interest
- Suicidal thoughts