

REWIRING PAIN

YOUR 5 STEP GUIDE

UNLEARNING CHRONIC PAIN

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ABOUT — me



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Hello!

I'm Christie Stuart, also known as the Mind 2 Body Nurse. With over 38 years as a Registered Nurse—13 of those in Interventional Pain Management—I've dedicated my career to helping people reclaim their lives from chronic pain. Today, as a Chronic Pain Recovery Coach, I combine neuroscience, compassion, and practical strategies to empower individuals like you to discover the mind-body connection and achieve true healing.

After years of working with incredible experts and delving into the latest research, I've learned a unique approach that's rooted in science and guided by empathy. My mission is to provide tools and support that not only alleviate pain but help you regain confidence in your body's ability to heal. I'm so glad you're here, taking the first steps toward a brighter, healthier future. You've got this, and I'm here to guide you every step of the way.

-Christie

[CLICK HERE TO JOIN](#) my free Facebook group.

I can't wait to hear how this Meditation helped you.

QUICK TIP

Pause and take a moment to breathe. Deep, intentional breaths can calm your nervous system and reduce pain signals. Try this: inhale for 4 counts, hold for 4, exhale for 6. Repeat 3 times. Small steps, big impact.

HOW TO GET THE MOST OUT OF THIS GUIDE

This guide was created to empower you with practical tools and insights to help you on your journey toward healing. To make the most of it, try these simple steps:

1

Take Your Time

one step at a time. Healing isn't a race—it's a process.

2

Stay Connected

You're not alone in this journey. Surround yourself with support by joining my free Facebook community, where you'll find encouragement, tips, and others who truly get it. [CLICK HERE TO JOIN](#)

3

Create Space for Change

Make space in your daily routine to try out the ideas or exercises in this guide. Even small, consistent steps can create powerful shifts over time. If you have questions, you can ask them inside of the Take Control of Your Chronic Back Pain FaceBook Group

4

Celebrate Your Wins

It's easy to get distracted, off track and disappointed when you don't see results immediately. Remember that every step forward is a victory, no matter how small it may feel. Recognize your progress—it's proof that healing is happening.

5

Ask for Help When You Need It

If you want to get results faster, the best way is to ask for help. I work with people who have suffered with Chronic Back Pain to help them defeat their pain via The PAIN RELIEF PROTOCOL. If you'd like more information about it, you can email: christie@mind2bodynurse.com

HEALING STARTS WITH HOPE - AND YOU'VE ALREADY TAKEN THE FIRST STEP BY BEING HERE. LET'S KEEP GOING TOGETHER.



What Is 'Learned' Pain?

Let's break it down

"Learned" Pain. All pain is real. Whether it's back pain, migraines, fibromyalgia, or something else, the pain you feel is 100% real. But did you know that your brain plays a key role in maintaining that pain?

Here's how

When you first experience an injury or emotional trauma, your brain creates pathways that send pain signals as a warning system. But sometimes, even after the injury has healed, the brain continues to send those signals. This is called neuroplastic pain, and it happens because your brain has "learned" to expect pain.

The good news

Just as the brain can learn pain, it can also unlearn it. The key lies in understanding the connection between your thoughts, emotions, and pain, and then rewiring those connections. That's what we're going to cover in the next few pages.

STEP ONE

Understand Your Brain's Role in Pain



Pain isn't just a physical sensation – it's your brain trying to keep you safe. Your brain is wired to protect you from perceived threats, but it often gets overprotective.

Action

Start observing your pain. Notice when it flares up and ask yourself, "Is this pain helping me, or is my brain just stuck in a protective loop?" Begin to shift your thinking from "my body is broken" to "my brain is overprotective."

Step



Think of it like this: If you sprain your ankle running, your brain creates a pain pathway to stop you from using that ankle while it heals. But sometimes, even after you've healed, your brain keeps sending pain signals because it's afraid you'll hurt yourself again. This is how chronic pain can stick around long after the original injury is gone.

STEP TWO

Start Practicing Mindfulness



Mindfulness is one of the tools we can begin to use to rewire the brain. When we experience chronic pain, our thoughts often jump to the worst-case scenarios (“What if this never gets better?”). This creates fear and stress, which only makes the pain worse.

By practicing mindfulness, we can train the brain to observe pain without attaching negative emotions to it.

Try this simple mindfulness exercise for a few minutes every day:



Action Step

- Find a quiet place to sit comfortably.
- Close your eyes and focus on your breath.
- As thoughts (or pain) arise, simply notice them without judgment and return your focus to your breath.
- Keep practicing, and over time, you’ll notice that your brain stops reacting to pain with as much fear and stress.



STEP THREE

Reframe Fear Around Your Pain



Fear is one of pain's biggest allies. When we're afraid of the pain getting worse or afraid of what it means, it tends to increase the intensity of the pain. **But what if you could look at your pain in a different way?**

Remember: pain is often your brain trying to protect you. By gently shifting your focus away from fear and towards understanding, you can break the pain-fear cycle.

Action Step

The next time pain flares up, instead of reacting with frustration or fear, try asking yourself, "What is my brain trying to protect me from?" By approaching your pain with curiosity rather than fear, you'll begin to rewire those pain circuits.



STEP FOUR

Gradual Exposure to Feared Movements



One of the most effective ways to unlearn chronic pain is to slowly reintroduce movements or activities that have become associated with pain. Your brain has learned to predict pain with certain movements, but we can teach it new patterns.

Pick a small movement that has triggered pain in the past.



Action

Step

Start by just imagining a little bit of that movement each day. Then, gradually increase your window of tolerance and actually perform the movement, increasing the time or intensity as your brain learns that this movement isn't dangerous anymore.

For example, if bending over causes pain, start by bending just slightly while focusing on your breath. Over time, your brain will stop associating this movement with pain.



STEP FIVE

Use Success Stories to Build Your Belief



One of the most powerful tools for rewiring pain is belief. When you hear about others who have successfully reduced their chronic pain, it helps you build confidence that the same can be true for you.

Take a few minutes to read about real-life success stories.



Action Step

People just like you have used these techniques to unlearn pain and regain control of their lives.

- **Chronic Back Pain Resolved:** A 42-year-old man struggled with back pain for years. Through pain reprocessing therapy and mindfulness, he was able to resume activities like hiking and cycling.
- **Freedom from Migraines:** A 61-year-old woman suffering from chronic migraines learned to reframe emotional triggers and saw her pain disappear in two months.
- **Feel Better than Ever:** After just one month in the Pain Relief Protocol, I was able to reduce my pain medication by half. The techniques I've learned have given me tools to manage my pain effectively.

Believe that change is possible for you too and be sure to share your success so others can be inspired by your journey.

Ready to Take the Next Step?

Imagine waking up each day without the weight of pain. Picture yourself moving freely, doing the things you love – hiking with friends, playing with your kids, or simply bending down to tie your shoes – without that familiar ache or fear holding you back.

What if, instead of feeling like your pain controls every part of your day, you were the one in control?

What if.....

By learning to rewire your brain and break the cycle of chronic pain, you'll no longer be stuck in survival mode. You could say goodbye to the constant cycle of frustration, appointments, and treatments that haven't worked.

What would happen if you could unlearn your pain? You'd have the freedom to focus on the things that truly matter to you – like spending time with your family, traveling, and pursuing your passions. You'd have the energy and peace of mind to enjoy life again.



What Would That Look Like?

Take a moment to visualize this:

- You, confidently moving through your day, no longer anticipating pain with every step or movement.
- You, getting out of bed feeling refreshed, knowing you can tackle the day ahead without fear of your pain flaring up.
- You, engaging in activities you love, whether it's walking, running, gardening, or playing with your kids, without that nagging thought of "Will this hurt later?"

**It's possible to live life without your pain dictating your every decision.
And that's the power of rewiring your pain.**

What Would That Feel Like?

Relief. Freedom. Empowerment. Imagine the lightness you'd feel from no longer carrying the burden of chronic pain. The joy of reconnecting with the things and people you love. The confidence of knowing that you've reclaimed control over your body and your life. No more fear. No more dread. Just ease, peace, and confidence in your ability to pursue your dreams without pain holding you back.





What Would Be Possible if You Had a Solution?

Once your pain is no longer at the forefront of your mind, a world of possibilities opens up. You'll finally have the energy to focus on your goals, whether it's advancing in your career, traveling the world, or simply being more present with your loved ones.

You'd have the mental clarity to plan for the future without constantly worrying about your pain dictating your plans.

What if Instead of Pain You Had ...?

What if, instead of waking up each morning dreading how your body will feel today, you woke up with confidence and excitement for the day ahead

What if, instead of feeling trapped by your pain, you felt empowered by the knowledge that you can manage and even reduce it?

What if, instead of feeling helpless and dependent on medications or treatments that only offer temporary relief, you felt in control and capable of guiding your body toward healing?

READY TO GET STARTED.?



This isn't just a dream – it's entirely possible. And it starts by taking the first step toward understanding your pain and using the strategies we've discussed to retrain your brain.

Are you ready to take control and start this journey with me?

If so, click below and let's discover what's possible for you on this transformative journey.

Start your Journey HERE



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