



# Chronic Pain Red Flags

When to rest. When to slow down. When to reach out.

✨ You don't need to "push through everything."

📌 These signs help you honour your body — and protect your peace.





# Why Red Flags Matter

## **Pain can make us push too hard, too often.**

We ignore signals because we've been trained to "keep going."

## **But red flags aren't failures — they're messages.**

- ✓ Warning signs = a chance to pivot before a crash
- ✓ They help you protect energy, avoid flares, and stay safe
- ✓ They remind you: rest is smart strategy, not weakness

# Red Flags That Mean: "It's Time to Rest"

- ☐ 🤢 A dull ache is becoming sharp or electric
- ☐ 🧠 Brain fog so heavy you forget basic things
- ☐ 😴 Exhaustion after minor tasks (shower, dishes)
- ☐ 🤯🌪️ Lightheadedness, nausea, or shaking
- ☐ 😞 Mood crashing for "no reason"

## ✅ What to do:

- Stop.
- Reset.
- Cancel plans.
- Choose stillness without guilt.



# Red Flags That Mean: "You Need Emotional Support"



 Feeling overwhelmed by small decisions



 Guilt spiral: "I'm a burden" or "I can't do anything right"



 Numbness or emotional shut-down



 Avoiding messages because "I have nothing left to give"




 Hopelessness creeping in

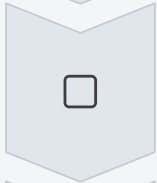
## What to do:

- Text a trusted person: "Can you check in?"
- Use [Navigate Chronic Pain](#) for grounding or journaling tools
- Remind yourself: This is a signal, not a truth.

# Red Flags That Mean: "Talk to a Doctor"



 Sudden, intense pain that's new or different



 Loss of bladder/bowel control



 Numbness or weakness in arms/legs



 New swelling, bruising, or discoloration



 Pain not responding to usual medication or tools



 Thoughts of self-harm or giving up

## ✓ What to do:

- Contact your doctor, urgent care, or therapist
- You deserve care — don't downplay these signs
- You're not overreacting. You're advocating.

💬 Ask your [\*Navigate Chronic Pain Support Companion\*](#): "Help me decide if what I'm feeling needs outside help."



# When In Doubt: Ask Your Navigate Support Companion

Not sure what to do? Let Navigate walk you through it.

## Ask Navigate:

💬 "I don't know if I'm having a flare or something more serious."

## Get Guidance

💬 "Should I push through or rest?"

## Find Calm

💬 "Help me calm down and listen to my body."

## Next Steps

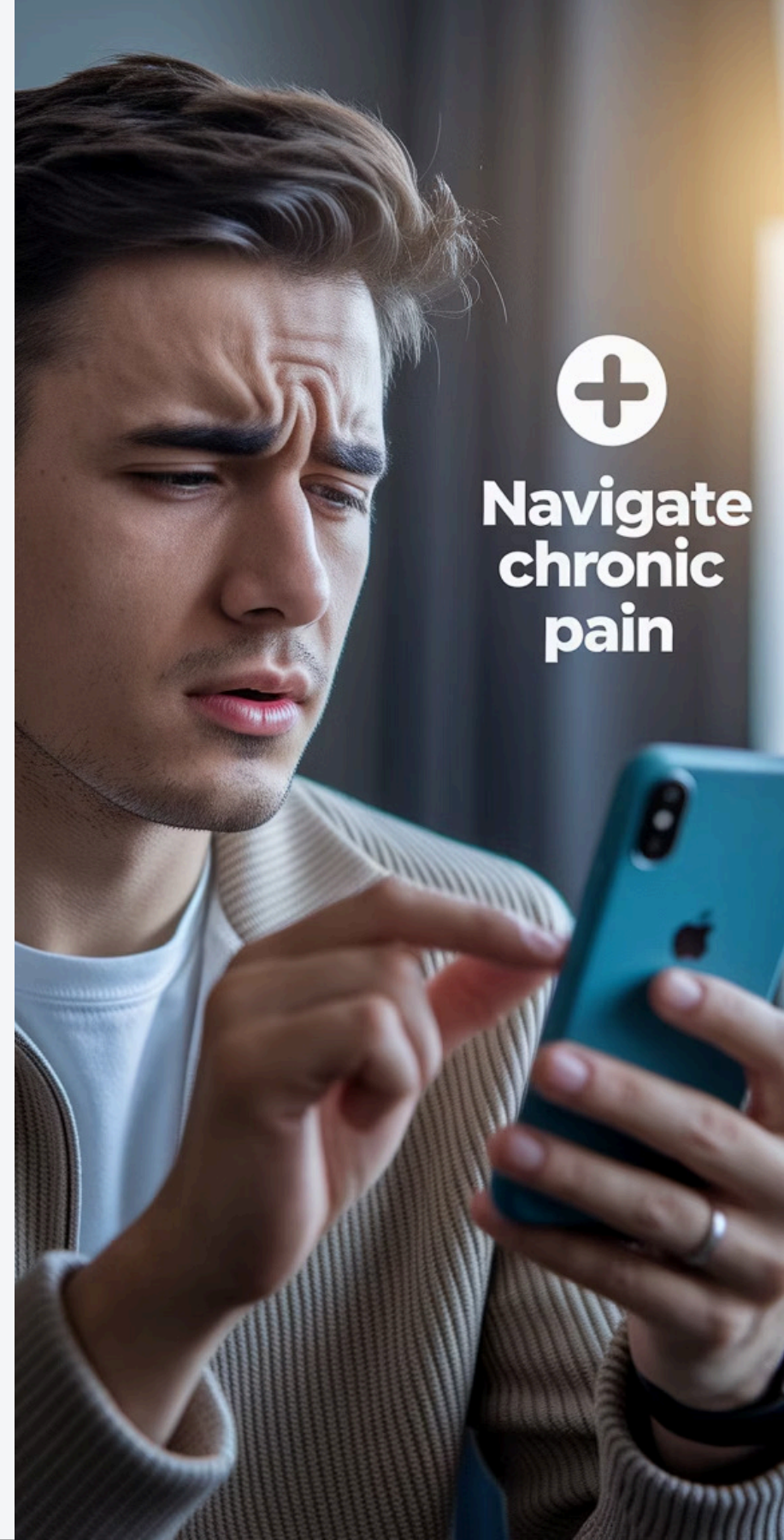
💬 "I feel overwhelmed — what's my next step?"

🌐 Your Navigate support companion won't judge. It just helps.

🌟 Try it free: [navigatechronicpain.org](https://navigatechronicpain.org)



**Navigate  
chronic  
pain**



# Your 24/7 Support Checklist

Your phone is always with and so is your Navigate Chronic Pain Support Companion:

## Track

- ✓ Quick-glance symptom tracker

## Support

- ✓ Seek comfort, Vent, ask why, get support in the middle of the night



## Reset

- ✓ "rest, reset, reach out" prompts

## Reflect

- ✓ Reflection prompts

📱 Try it Free at: [navigatechronicpain.org](https://navigatechronicpain.org)

# Share This With Someone Who Pushes Too Hard



## High achievers with chronic illness

Those who keep pushing despite their body's signals



## Parents, professionals, and caregivers who don't slow down

Always putting others first



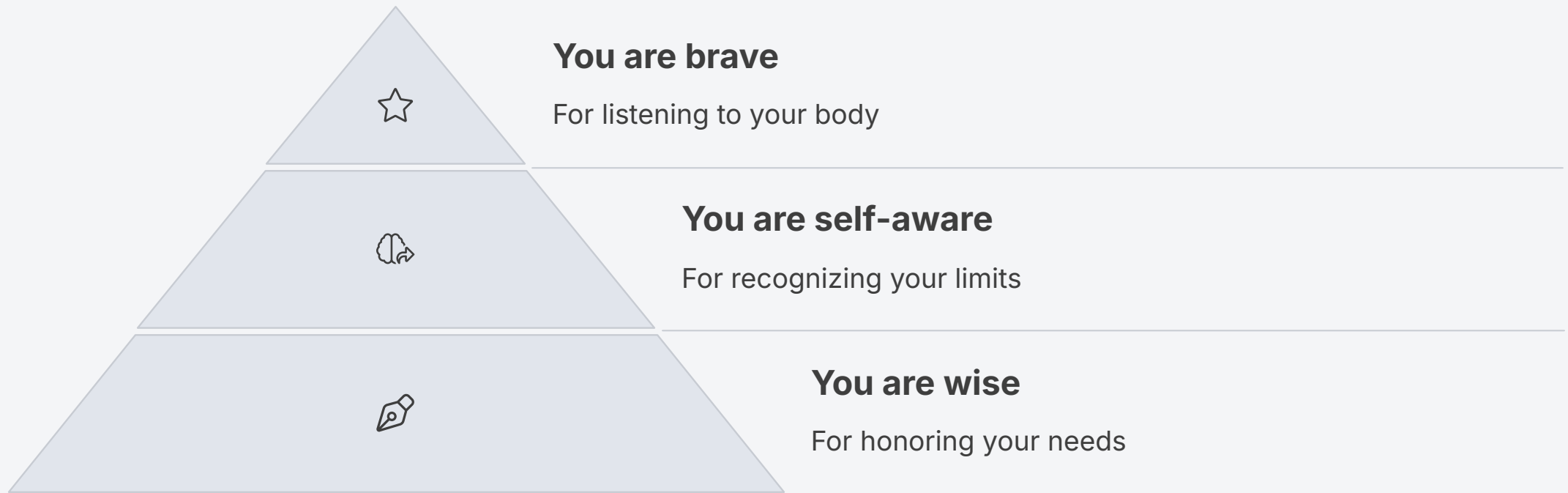
## People who say "I'm fine" while falling apart

💬 Share this gently.

💙 It might give them *permission* to rest.



# Resting Is Wise. Speaking Up Is Brave.



You are not weak for listening to your body.

You are wise. You are self-aware. You are brave.

✨ These red flags are not scary — they are **guideposts**.

Use them. Share them. Trust them.

And remember — you're not in this alone.