

Ignore the Pain: *Innovative pain management ideas*

By: National Cancer Institute

Not all people experience pain equally. The same level of pain can activate more brain areas in some people and less in others, increasing the perception of pain, while the actual pain induced is the same. After multiple experiments, research found that if people concentrate and focus, they could manipulate their brain to activate less area, resulting in a decreased experience of pain. It is obvious that psychological factors of mood and attention affect the degree of pain experienced. This article will increase your awareness of pain, ultimately decreasing your perception of pain.