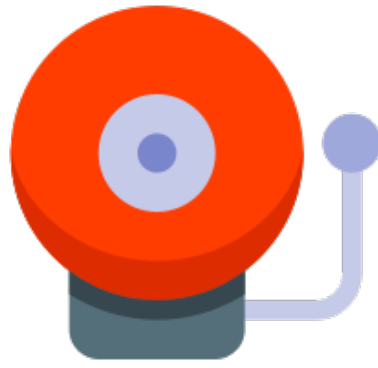


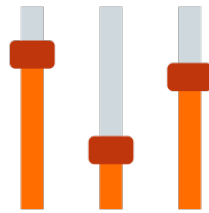
Your mind can be tricked into feeling less pain



Pain is never a nice things to experience, but it is one of the most useful bodily signals we have. It acts like **an alarm system** – sending an immediate message for harmful and potentially fatal conditions.



MY PAIN IS FELT ONLY BE ME!



Pain is also a **highly subjective experience** – people can experience different levels of pain in the same situation.



These individual differences seem to have a genetic basis, but there are also things that can help to “manipulate” the mind and change the way we feel pain



In this way, the now somewhat famous “rubber hand illusion” reveals the powerful connection between what we see and what we feel. Using a fake rubber hand, psychologists found they could convince people an artificial arm was part of their body. For this to happen, the participants had to hide their real arm from view (under a piece of cloth) and then both their real arm and fake arm were simultaneously stroked.

(Watch the YouTube video shown on this post)



New research now shows how as well as being tricked into experiencing pain, the brain can also be fooled into experiencing pain relief. Multi-sensory perception can influence how we see our own body. What we know to be true can be overridden by the brain.

In the experiment, the brain is changing to accommodate the new rubber hand – which is called neuroplasticity. This is the idea that the brain can change in response to experience.



In practical terms, these findings could present viable treatment and pain relief in conditions for people with chronic pain such as fibromyalgia or complex regional pain syndrome, potentially offering hope to thousands of people whose lives are blighted on a daily basis.



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