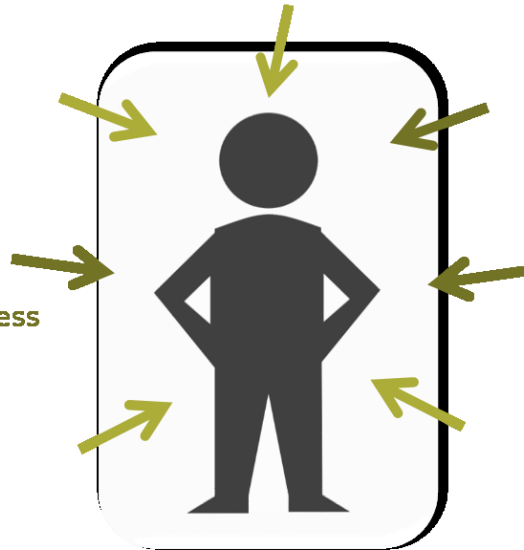


## Additional file 1 - Biopsychosocial model

### Many conditions affect our function

#### Biological conditions

- Sleep
- Diet
- Exercise/physical fitness
- Illness
- Bodily damage



#### Social conditions/Our surroundings

- Understanding from our network
- Physical surroundings
- Demands from the outside  
e.g. family, municipality, school, workplace

#### Psychological conditions

- Stress (Imbalance between resources and demands)
- Thoughts on symptoms and stress
- Behaviour – How we deal with symptoms and stress
- Emotions e.g. anxiety, depression, sadness, guilt or shame
- Personality

