

# PAIN MANAGEMENT SUPPORT

For people with long-term pain



If you have long-term pain and want extra support and tools so you can manage your pain better and differently, why not consider attending our friendly, local and informal workshops the Rethinking Pain team are running - on topics you asked to know more about.

## Workshops Available (in-person and online):

1. More on Managing Pain
2. Keeping Active & Safe Movement
3. Sleep Therapy
4. Emotional Wellbeing Support
5. Developing helpful habits, setting goals & making plans
6. Diet Therapy
7. Creative Therapies
8. Your Stories (a chance to talk and be heard)
9. 'Acceptance' & taking control of your pain
10. Beliefs, Spirituality, Faith and Pain



## All topics the workshops will:

- Enable you to take ownership of your pain management approach
- Increase your knowledge on the topic/s
- Inspire, motivate and provide tips and ideas
- Suggest tools and strategies to cope with pain
- Direct you to local pain management support
- Provide a chance to talk to others and share ideas

## Here's what someone who came to previous shops said:

*"It's like you are hitting lots of touch stones, now I'm thinking there's stuff I can do to help myself; I didn't know about diet and pain before or there was help to sleep better, and that makes me feel stronger leaving here, I've more hope".*

If you want to know more or are interested in attending any of the workshops, please speak to your health coach or, contact us on the below:



[www.rethinkingpain.org](http://www.rethinkingpain.org)



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