



A. LEARN MORE ABOUT YOUR PAIN

1. Understand the pain system
2. Dispel myths or misunderstandings about chronic pain, the mind and the body
3. Understand the usefulness of appropriate medication
4. Understand the pros and cons of medical interventions
5. Come to terms with having persistent pain

B. BUILD A HEALTHY LIFESTYLE

1. Understand your body
2. Increase confidence in movement
3. Develop strength and fitness through movement and exercise
4. Improve balance and co-ordination
5. Learn about how to improve your sleep
6. Manage flare-ups effectively
7. Practice relaxation, meditation and/or mindfulness

C. DO WHAT MATTERS TO YOU

1. Find creative ways of fulfilling your valued goals
2. Balance your activities and pace yourself
3. Manage daily household tasks and responsibilities
4. Signpost to financial advice and guidance
5. Build back your leisure and social activities
6. Enhance wellbeing through employment, volunteering and learning
7. Build your support team

D. ENHANCE EMOTIONAL WELL-BEING

1. Explore how persistent pain can make you think and feel.
2. Tackle stress, anxiety and low mood
3. Come to terms with past experiences, trauma and losses
4. Improve communication ... learn to say 'NO' when needed
5. Acknowledge your strengths and achievements
6. Take back control of your life