



## On the 'new road' we want you to remember:

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- **Refer back to the neuroscience** – pain management is based on the neuroscience
- Take the **4Ps** forward (pacing, planning, problem-solving, prioritising)
- Work, rest and play – *balance* your day
- **STOP before pain stops you**
- Live a life true to your values – it's okay for you to prioritise doing what matters
- **Self-care is NOT selfish**
- Notice how our thoughts and feelings affect what we do
- **Man was meant to move!**
- Walk tall!
- The best exercise is the one that's done, and the one that's done is the one that's **FUN!**
- Hurt does not necessarily mean harm
- Use your flare-up plan and flare-up/comfort box.
- Be a 'Goldilocks': don't put up with things that are unhelpful
- STOP – *notice*
- **Relaxation** is as important for pain and stress management and overall health and well-being as cleaning your teeth is important for looking after your teeth
- Give yourself permission for pain management: **TAKE BACK CONTROL**



*Nothing changes if nothing changes!*