

# ACCEPTANCE AND TAKING CONTROL OF YOUR PAIN



**ACCEPTANCE THAT PERSISTENT PAIN IS PART OF YOUR LIFE IS NOT THE SAME AS 'GIVING UP'. IT IS MORE ABOUT GIVING UP THE STRUGGLE WITH PAIN AND LEARNING TO LIVE YOUR BEST LIFE, DESPITE IT.**

Accepting persistent pain as part of your everyday life is not easy, it might be hard to accept that you are not quite the person you were and that things have changed. But rather than struggling to avoid or reduce your pain, you can learn to observe, understand, accept it and take back control.

**By joining this workshop you can begin to look at yourself, your thoughts, feelings and the future in a different, more helpful way - and switch your energy and focus to living well.**

## **What to expect by attending:**

- What is acceptance and how can it help you?
- Ways to approach your pain differently and focus on living well
- What is mindfulness and how you can use it to reduce your suffering?
- Meet other people in a friendly group, who understand
- Be listened to



**To book a place contact us on the below details:**



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