

CREATIVE THERAPY

For managing persistent pain

RETHINKING
PAIN
COMMUNITY-BASED
PAIN SUPPORT

CREATIVE ACTIVITIES CAN HELP YOU MANAGE PERSISTENT PAIN BY MOVING YOUR THOUGHTS AWAY FROM THE SENSATION OF PAIN.

When people think about being creative, they may think they need to be painting masterpieces, playing something amazing on a piano or writing finished stories - but actually, anyone can be creative and in many ways!

By joining us, we can try a few simple, creative activities together and we'll also talk about and explore other things you enjoy or might like to try in the future.

WHY COME ALONG?

For some people being creative can mean finding a new hobby and chances to socialise. It can also offer distraction from pain, ways of expressing yourself and a feeling of achievement. Alongside this, being creative in even the smallest way can help you to relax and alter your mood, with the result of pain not dominating your day or controlling your emotional wellbeing.

WHAT TO EXPECT

A fun, informal and friendly couple of hours spent together

Understand more about how creative activities can help with your pain management

Have a go at some simple and easy to do creative activities

Leave feeling inspired and motivated; with ideas or a plan to try using a creative activity you've chosen, to help with your pain management

Meet other people with persistent pain, and have a chat with refreshments



No prior experience of doing something arty or creativity is needed!
To book a place contact us on the below details:

 www.rethinkingpain.org

 07724868212

 info@rethinkingpain.org