

EMOTIONAL WELLBEING SUPPORT

RETHINKING
PAIN
COMMUNITY-BASED
PAIN SUPPORT

IT IS NOT UNUSUAL TO STRUGGLE WITH YOUR EMOTIONS, THOUGHTS AND MOODS WHEN YOU LIVE WITH PERSISTENT PAIN.

Getting support to find ways to manage unhelpful emotions can lessen feelings of being overwhelmed, reduce pain experienced and make a difference to your daily life, and relationships.

The good news is that you can take steps to manage your emotions differently. With support, you can make simple, realistic changes and learn how to deal with unhelpful or negative thoughts, and have tools and strategies to help you cope with your feelings.

If this sounds like a first step you'd like to be supported to take, come along to Rethinking Pain's Emotional Wellbeing group, where you will:

- Be listened to
- Understand more about emotional reactions
- Learn how to deal with your thoughts and feelings in healthy ways
- Be provided with tools to help you cope
- Meet other people in a friendly group, who understand!



To book a place contact us on the below details:



www.rethinkingpain.org



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