

HELPFUL HABITS, SETTING GOALS AND MAKING PLANS TO SUPPORT WITH YOUR PAIN MANAGEMENT



CHANGE A LITTLE, GAIN A LOT!

We all form habits and behaviours over time that become part of our 'lifestyle', some are enjoyable and work for us, but there can be behaviours and habits that we'd like to change.

People living with persistent pain might have ideas of things they'd like to change to help them manage their pain, but can find making small changes challenging, or may worry they won't be able to stick to them. For some people, setting a personal goal or having a simple action plan might seem like a big thing to achieve – that's where we can help!

Attending **Change a Little, Gain A lot** workshop will provide you with support to make small lifestyle changes **that you'd like to make**, and have tools at hand to help you keep them up, or at least keep trying!

What to expect by attending:

- Understand what habits and behaviours are
- Choose a small change you'd like to make
- Make a simple action plan and set a goal
- A fun, friendly and informal group
- To be listened to and discuss topics, over refreshments

Rethinking Pain supports people with persistent pain in their community, to approach their pain management more holistically, alongside any clinical care they receive.



To book a place contact us on the below details:



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