

YOUR STORY – AND WHY IT'S IMPORTANT TO PAIN MANAGEMENT

RETHINKING
PAIN
COMMUNITY-BASED
PAIN SUPPORT

THE IDEA THAT TELLING YOUR STORY CAN BE PART OF HOW YOU APPROACH MANAGING YOUR PERSISTENT PAIN MAY BE SOMETHING NEW TO YOU, BUT IF YOU THINK ABOUT IT - TO FEEL VALUED - MOST OF US LIKE TO BE LISTENED TO AND HEARD.

Storytelling is a big part of our relationships with friends and family, and on a larger scale, our societies and cultures. Story telling is a powerful way of learning about the world, other people and ourselves.

We listen and share stories in our regular day-to-day lives whether that's keeping up with news, watching a movie or a chat with a friend. Stories also help us learn about how we relate to our pain, those around us and the environments we are in.

What to expect by attending:

- The session will be fun, and a great way to meet other people in a friendly informal group.
- We will use stories to explore pain and how it affects us
- We will help you use a range of audio and visual tools in a simple, interesting and interactive way to tell your story



To book a place contact us on the below details:



www.rethinkingpain.org



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