

# MORE ON: MANAGING PAIN

RETHINKING  
**PAIN**  
COMMUNITY-BASED  
PAIN SUPPORT

If you have already attended our '**Understanding Pain Workshop**' you will have some knowledge of what pain is, how the body responds to pain and about the benefits of approaching your pain management more holistically - by setting goals that work around your social, emotional, physical and environmental circumstances (day-to-day life, put simply!).

## NEXT STEPS...

Attending the **More on Managing Pain workshop** allows us to dig a little deeper into some topics covered in **Understanding Pain** and provides an opportunity to gain more understanding, discuss topics that matter to you and use 'pacing' to do the things that you want to.

### What to expect by attending:

- More about pain relief medications
- More about pain flare ups and how to manage that
- More about 'Pacing' and the benefits this approach can bring
- How Pacing can help you achieve your goals without increasing your pain or tiredness
- To be listened to and discuss topics, over refreshments
- A fun, friendly and informal group

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:



[www.rethinkingpain.org](http://www.rethinkingpain.org)



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