

# ACCEPTANCE & TAKING CONTROL OF YOUR PAIN

RETHINKING  
**PAIN**  
COMMUNITY-BASED  
PAIN SUPPORT

**ACCEPTANCE THAT PERSISTENT PAIN IS PART OF YOUR LIFE IS NOT THE SAME AS 'GIVING UP'. IT IS MORE ABOUT GIVING UP THE STRUGGLE WITH PAIN AND LEARNING TO LIVE YOUR BEST LIFE, DESPITE IT.**

Accepting persistent pain as part of your life is not easy; it might be hard to accept that you are not quite the person you were and that things have changed. But rather than struggling to avoid your pain, you can learn to observe, understand, accept it and take back control.




**By joining this workshop you can start to look at yourself, your thoughts, feelings and the future in a different, more helpful way - and switch your energy and focus to living well.**

## What to expect by attending:

- Be listened to
- Meet other people in a friendly group
- Learn what acceptance is and how can it help you
- Discover what mindfulness is and how it can be used to reduce pain
- Discover ways to approach your pain differently and focus on living well



**To book a place contact us using the details below:**

 [www.rethinkingpain.org](http://www.rethinkingpain.org)  [07724868212](tel:07724868212)  [info@rethinkingpain.org](mailto:info@rethinkingpain.org)



Rethinking Pain is a service led by Keighley Healthy Living (KHL) in collaboration with HALE, Bradford District Health & Care Partnership, VCS Organisations & Primary Care Networks.