

EMOTIONAL WELLBEING 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, using 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!



Date	Time	Location
Tuesday 18th March	2.00pm - 4.00pm	Windhill Community Centre Church St, Windhill, Shipley BD18 2NR
Wednesday 19th March	2.00pm - 4.00pm	Great Horton Community hub 69 Beldon Road, Bradford BD7 3PE
Thursday 20th March	2.00pm - 4.00pm	Keighley Healthy Living 13 Scott Street, Keighley BD21 2JH

To book a place contact us on the below details:



www.rethinkingpain.org



07724868212



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.