

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 9 th December	2.00pm - 4.00pm	The Gateway Centre 45 Thackeray Road, BD10 0JR
Tuesday 16 th December	10.00am - 12.00pm	Cottingley Community Centre The Parade, Town Centre, BD16 1RP
Tuesday 16 th December	2.00pm - 4.00pm	Manningham Mills Sports and Community Association Scotchman Road, Bradford BD9 5AT
Thursday 18 th December	2.00pm - 4.00pm	Online (link sent via email)

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.