

EMOTIONAL WELLBEING

MANAGING UNHELPFUL EMOTIONS



Living with persistent pain isn't easy. It's not unusual to struggle with your emotions, thoughts and moods when pain is part of your daily life. Getting support to manage unhelpful emotions can reduce feelings of being overwhelmed, lessen the impact of pain, and make a real difference to your wellbeing 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 ways to deal with unhelpful or negative thoughts, using tools and strategies to help you cope.

Join Rethinking Pain's Emotional Wellbeing workshop to:

- Be listened to
- Learn how to deal with your thoughts and feelings in healthy ways
- Understand more about emotional reactions and be provided with tools to help you cope
- Meet others in a friendly group who understand



Date	Time	Location
Monday 23 rd March	1.00pm – 3.00pm	The West End Community Centre Christopher Street, BD5 9DH
Monday 23 rd march	5.00pm – 7.00pm	Online (link sent via email)
Tuesday 24 th March	10.00 – 12.00pm	Glusburn Community And Arts Centre Colne Road, BD20 8FQ
Tuesday 24 th March	2.00 – 4.00pm	St Hugh Community Church Coach Road, Shipley BD17 5HS

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



www.rethinkingpain.org



info@rethinkingpain.org



07724868212



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