

# 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 15 <sup>th</sup> June	10.00 - 12.00pm	Skipton Town Hall High St, Skipton BD23 1AH
Tuesday 16 <sup>th</sup> June	10.00 - 12.00pm	Online (link sent via email)
Tuesday 16 <sup>th</sup> June	2.00 - 4.00pm	HALE 1 Westgate, Shipley BD18 3QX
Thursday 18 <sup>th</sup> June	10.00 - 12.00pm	St John's Community Church 19 Carr Bottom Road, BD10 0BB

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



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



[info@rethinkingpain.org](mailto: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