

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 |
|-------------------------------------|-----------------|---|
| Tuesday 1 st September | 10.00 - 12.00pm | Bierley Community Centre 102 Bierley House Avenue BD4 6BU |
| Tuesday 1 st September | 2.00pm - 4.00pm | Christchurch Ilkley The Grove, Ilkley LS29 9LW |
| Wednesday 2 nd September | 5.00pm - 7.00pm | Online (link sent via email) |
| Thursday 3 rd September | 10.00 - 12.00pm | St John's Community Church 19 Carr Bottom Road, Greengates, BD10 0BB |
| Thursday 3 rd September | 2.00pm - 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