



Welcome to PainSupport and your Pain Management Toolkit

In pain? The good news is that we can introduce you to many effective and simple techniques to manage your pain. You already have within you tremendous inner resources to help you to reduce your pain and we will show you how to use these with our proven pain management techniques.

If you are more experienced in managing your pain, the Toolkit will be a useful reminder if pain flares up or a set-back occurs.

Pick out one or two techniques that appeal to you, and build from there. You will soon be on your way to feeling better and to being more in control of your pain.

Pacing

Successful pacing means that YOU stay in control, and NOT the pain

'Pacing' your activities will stop the 'seesaw' effect of doing too much and then doing too little, with the frustration of having to rest to recover. Pacing your activities is one of the most important aspects of pain self-management.

- **Stop what you are doing BEFORE the pain rises.**
- **Break your tasks into small chunks, do a little at a time.**
- **Space out your activities over the day.**
- **Change what you are doing often, eg from sitting, to resting, to moving about.**

Pain Diary

For a couple of weeks note very briefly the level of pain you experience each day. Then see if you can find any patterns that can account for your pain's rises and falls - then make the necessary adjustments in your life. These diaries may also be useful to show to your doctor to help explain your pain.

Free Pain Logs

Print off as many copies as you need.

(a) The log below will be a record of your actual pain level.

<http://bit.ly/1A2bx5v>

(b) The log below will help you to discover how your activities and feelings may affect your pain.

<http://bit.ly/1xKnU3D>

Pacing Workbook £3.00 Download: A 32-page attractively illustrated booklet with a step by step guide to successful pacing. The workbook is packed with ideas to help you monitor your activities, increase your activity levels without increasing your pain, and to set goals. The workbook includes charts for you to complete.

<http://painsupport.co.uk/shop/>

Relaxation

Slow, deep breathing reduces pain!

Make a date with yourself for a 10 minute relaxation session every day.

Relaxation and the release of muscle tension bring you into a state of deep peace and stillness.

Best of all, deep relaxation can reduce your pain, sometimes completely, for at least the duration of the session, and often for much longer.

To gain the most from a relaxation session it is helpful to follow some excellent CDs.

Jan Sadler's CDs have been chosen as the very best available in reviews by the BackCare Charity, Holland & Barrett and Woman's Weekly.

Jan's recordings have been specially produced to help you reduce pain and stress.

With Jan's soothing tones you will drift down into a state of pure relaxation with a more peaceful mind and body, filled with comfort and ease.

**Choose from these relaxation CDs or Downloads
by Jan Sadler**

'Relax and Release your Pain'

'Perfect Relaxation'

'A Good Night's Sleep'

'Pain Relief Without Drugs'

<http://painsupport.co.uk/shop>

FREE RELAXATION HANDOUTS

Relax 1: <http://bit.ly/1xEEAZw>

Relax 2: <http://bit.ly/1x9ZxfX>

The Power of your Thoughts

What you think instantly affects your body and how you feel.
So lift your spirits, be positive *and* reduce your pain - we will show you how.

Being positive helps us to *feel* better despite having pain.

Being positive also means focussing on finding constructive ways forward.
And to focus on what you **CAN** do!

The Thinker in your Mind

Thoughts come to your mind automatically. But you, the 'inner you', the power behind the thoughts, can intervene. You can choose to think thoughts that are creative and fruitful rather than downbeat and anxious. You are the only 'Thinker in your Mind'. You can choose to follow a thought pattern or not.

Just because a thought comes to your mind it does not mean you have to believe it.
Thoughts are not necessarily true!

Become aware of your thoughts.
Avoid limiting, negative thoughts that include words like:
should - ought - must - always - never.

When you notice you are thinking negatively use the simple technique below:

'Stop and Change'

Say to yourself: "**STOP!**"

Your mind will be shocked into silence.

Then change your thought to a more positive thought, such as:

'I can cope with this',

'I can do that if I pace myself',

'Be still, this will pass'.

When you find yourself dwelling on your pain, calm and reassure yourself. Say a gentle but firm, "*It's OK, thoughts are **not** facts*".

Don't let the pain get you down!
We are always here for you to help you to manage
and overcome the pain
so you can get on with your life.

Go to our website page on positive thinking for more information and ideas.
<http://painsupport.co.uk/pain-relief/positive-thinking>

Exercise

Exercise is great because:

- You feel better about yourself.
- It increases your overall mobility and flexibility.
- It helps to reduce pain. When you are exercising, your brain produces **endorphins**, your body's own natural painkillers.

- Find a good professional therapist, such as a sports therapist or physiotherapist, who will show you the right exercises for your condition.
- Exercise can include anything from walking, climbing stairs or dancing to swimming.
- Exercise also improves sleep, vitality and self-esteem.
- For gentle exercises try Tai Chi, Yoga, Pilates and the Alexander Technique.
- You could ask your doctor or physiotherapist for hydrotherapy (exercise in water) which is extremely beneficial and good fun, even if you can't swim. The warm water and weightlessness are pure pain relief for many people in pain.
- When you exercise be aware of your body, 'listen' to it and move it with thoughtfulness and attention.
- Keep as active as you realistically can. Your body is designed to move! If you're in pain, it's better to exercise for 2 minutes than not at all.
- Increase your enjoyment - try exercising, or just moving, to slow, relaxing music.

Visit our website for more information and tips:

<http://painsupport.co.uk/pain-relief/exercise>

Support

When we first have pain and all that goes along with it, it is such a huge life change that we all go through many difficult emotions, this in itself can affect our ability to cope with the pain.

What you need is support from others who understand what you're going through and can help and advise on how to cope.

Find new friends who understand your pain. Join our online PainSupport Contact Club and Discussion Forum where you can meet people who really know what it's like to live with pain – and exchange tips and hints on coping, share your feelings and bring some fun into your life.

You are most welcome to sign up for our monthly newsletters which are always packed with ideas and information. We also have books, CDs and many free to download diaries and charts to help get control over the pain.

Also make sure you have a good support team around you so you know who to ring when you have the need. Make a list of the phone numbers and email addresses of such people, eg your doctor, physiotherapist, neighbours, friends, etc.

Things WILL get better

and we will show you how.

We can't promise to take the pain away but how you feel and your ability to cope with it will improve.

There is plenty of support, advice and help for you, on the PainSupport website.

www.painsupport.co.uk

BOOKS

Jan's books are published in both the UK and USA and are endorsed by leading professionals in pain management. They are packed with even more ideas and can be dipped into at any time. They will support and encourage you.

'Pain Relief Without Drugs' book and CD package

'A Good Night's Sleep' book and CD package

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