

# Self-Management for Chronic Pain and Wellbeing - A course for Veterans

## What the course involves :

This 5-week course starting Tuesday 17th January (5 x 2hrs) will be delivered online via Zoom for Veterans and will look at important topics in pain management, including:

- Understanding pain
- Improving sleep
- Pacing & finding balance in life
- Stress awareness & management
- Relaxation & grounding techniques
- Anxiety & problem solving
- Adapting to change/ Acceptance
- Baselines- a way to be more active despite pain
- Goal setting – to achieve important things in life
- Understanding trauma & the window of tolerance
- Dealing with other people

The times and dates for the course are :

Tuesday 17th January 09.30 -11.30 am

Tuesday 24th January 09.30 -11.30 am

Tuesday 31st January 09.30 -11.30 am

Tuesday 7th February 09.30 -11.30 am

Tuesday 14th February 09.30 -11.30 am



[CLICK HERE](#)

If you are interested in attending please hit the click here button to sign up.