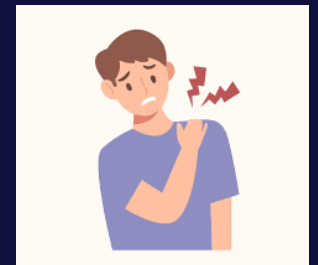


If you are interested in more information, please contact the social prescribing team **01253 955411** for further information and resources



DO YOU LIVE WITH PERSISTANT PAIN?



Does your pain control your life or affect your mood?



Problems Persistent Pain can cause;

- 🚩 **Excitable Nerves**- Slight pressure can cause unpleasant and painful sensations like pins and needles or electric shocks.
- 🚩 **Sensitivity**- Skin muscles or nerves can be more sensitive to pressure, touch or heat
- 🚩 **Faulty Brain activity**- the system that can turn down pain don't work.
- 🚩 **Low mood** - Living with persistent pain can cause strong feeling such as anger and frustration.

To Reduce your pain;

- 🚩 You can retrain your brain by getting fitter and stronger, by balancing activities and focusing more on your valued goals and less on pain
- 🚩 Over time as you are living a healthier lifestyle being more active and doing things normally focussing on life will help your brain become less overprotective and your pain more manageable
- 🚩 The ten footsteps is an online resource and guide of how to do this [Home - Live Well with Pain](#)

Would you be interested in a peer support group?

With useful tips of how to improve your health and wellbeing and **live well with pain**