What is Self Management for Chronic Pain?

Self management is an important approach that helps people to adapt positively and practically to a change in health.

This can include: Pacing, Relaxation, Stress Management, Gentle Exercise, Sleep and dealing with difficult thoughts and feelings.

Managed Knowledge Network Website on Chronic Pain

For helpful resources, tools and information visit the Chronic Pain website at:
www.knowledge.scot.nhs.uk/pain

Pain Concern

Pain Association Scotland

Healthcare Improvement Scotland

The Scottish Government

Chronic Pain?

Help with self management

What is Chronic Pain?

Chronic Pain is longer lasting than Acute Pain, which gets better. It can be associated with many different conditions.

There can be good and bad days. It's hard to explain to your family and work.

You may feel not believed.

Ask Your Pharmacist

For advice on medication, how it works, how to get the best out of it, when to take it plus any potential side-effects and how to manage them.

Self Management Training Groups

Pain Association Scotland provide a network of professionally led Self Management Training Groups throughout Scotland. The groups follow a programme of self management topics that helps to build skills and understanding.

For details of your nearest group please call Freephone **0800 783 6059** or visit www.chronicpaininfo.org

PAIN ASSOCIATION SCOTLAND

Information & Helpline

Pain Concern provide information and support through leaflets, a magazine and an online forum where you can share your experiences.

Pain CONCERN

You can call the freephone helpline on

0300 123 0789

or visit www.painconcern.org.uk

Airing Pain

Airing Pain is a series of podcasts and CDs bringing together people living with pain and top pain specialists to talk about resources that can help.

Visit www.painconcern.org.uk for more information and to listen.

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