

Living with persistent pain

Information for you

Your occupational therapist is:


Contact number:

working
Together




Occupational Therapy in GP practices

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Persistent pain has a significant impact on quality of life for many people. People often find that, despite their best efforts and the help they have received from various health professionals, they are still left with a considerable amount of pain. Living with pain can lead to anger, frustration, low mood, fatigue, family/work worries plus much more. Its impact can be felt on every area of your life.

In addition to medication and other prescribed pain management strategies there are many things that you can do to self-manage your symptoms at home. This will help you to maintain a quality of life and independence. Altering your attitude to persistent pain can increase feelings of being in control and can enable a more positive approach.

Exercise

This may seem impossible, particularly in times of pain. Finding an activity that works for you such as walking, swimming, yoga can have a positive impact on pain. Even small amounts of activity have been shown to reduce stiffness and muscle loss, it can improve sleep and produce endorphins, the body's natural painkiller. Avoid overdoing it in times of less pain. Try to incorporate small bouts of exercise into every day.

Relaxation

As it is important to exercise, it is equally important to relax. Living with persistent pain cause increase stress, anxiety and tension in your body. Find a relaxing activity that works for you, such as, reading, mindfulness, and meditation. Try



to build time into your day for these activities as relaxation takes practice!

Work

Try to remain at work if you can. Research shows that not being at work can increase low mood, loss of fitness and even increase pain. Speak with your manager regarding your condition and try to work out a routine that works for you. Your occupational therapist can help with this also.

Pacing

Pacing is a technique to help you reach the right level of activity for you. The right level is different for everybody so you can find a way of pacing and spacing activities that works for you. Pacing is about breaking the pattern of being active on good days and stopping on bad days. Speak to your occupational therapist to learn more about pacing.

Useful resources:

<https://www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/chronic-pain>

www.nhsaaa.net/services-a-to-z/pain-management-service

<https://livewellwithpain.co.uk/>

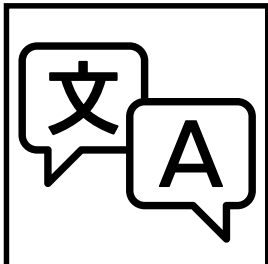
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<https://painassociation.co.uk/>

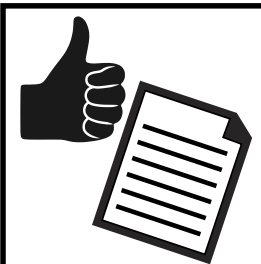
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<https://my.livewellwithpain.co.uk/>

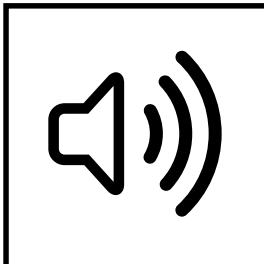
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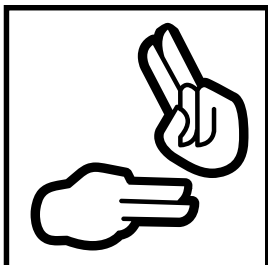
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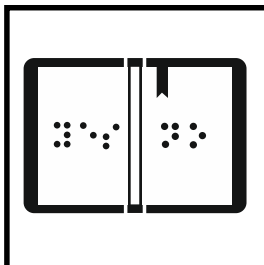
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