

## Learn to relax

Identify what works best for you and use it on a regular basis.

Build relaxation into your day. It reduces both the physical and psychological symptoms of stress.

Learn to control your breathing as this can help with stress and pain.

## Asking for support

- Trying to deal with living with pain alone can be difficult and can have a negative impact on well-being.
- Asking for help can be difficult but is an essential part of managing the physical, emotional and social difficulties of living with pain.

“

*I am glad I attended [the Pain Group] because it helped me to understand the circle that happens as I stop moving around which in turn creates more pain and then has a knock on effect to how I feel/depression. Also talking to others who also suffer daily pain.*

”

DHC Talking Therapies client

Contact DHC Talking Therapies for more information on these, and many more, self-help strategies:

[dhctalkingtherapies.co.uk](http://dhctalkingtherapies.co.uk)  
or 01483 906 392

## DHC Talking Therapies

**We offer a range of therapies for people living with Pain.**

### Living Well with Pain Group

A 6 week group based on CBT - a great opportunity to learn to manage the emotional impacts whilst meeting others in a similar situation to yourself.

### Headspace from Pain

Headspace from Pain is an online training package, provided by SilverCloud. It teaches people ways of managing the emotional aspects of living with pain. The platform provides different programs that can be tailored to suit individual's needs. SilverCloud is accessible via a PC, laptop, tablet or mobile device and is easy to use. Clients can work through the interactive programs at a time to suit them and is fully supported throughout by one of our clinicians.

### 1:1 Therapy

This could be

- Cognitive Behavioural Therapy (CBT)
- Counselling
- Guided self help

All available as either 1:1, telephone or Skype.



# Emotional Health and coping with Pain



**Talk to us today**  
**01483 906 392**

Or visit  
[dhctalkingtherapies.co.uk](http://dhctalkingtherapies.co.uk)

## Pain and stress

Living with pain can be exhausting, frustrating and stressful. It has been found that our behaviours, thoughts and feelings can influence and increase our existing pain.

### What can increase pain?

- Anxiety
- Depression
- Focusing on pain
- Boredom
- Extent of the injury
- Inappropriate activity

### What can decrease pain?

- Social involvement
- Relaxation
- Stress management
- Concentration and distraction
- Counter stimulation (rubbing, tensing)
- Medication

### A musculoskeletal (MSK) disorder is any injury, disease or problem with your muscles, bones or joints.

Many of the symptoms of MSK issues and anxiety are similar, making it difficult for someone to know the cause of their issue. The reality is they are often the result of both physical and emotional health. These symptoms include:

- Pain
- Muscle aches
- 'Jelly' legs
- Irritability
- Frustration
- Fatigue

## Common symptoms of low mood and anxiety

- Loss of interest in pleasurable activities/ lack of energy
- Trouble thinking clearly
- Seeing only the negative
- Feeling unable to cope or feeling guilty about not coping
- Feeling lonely and isolated
- Change in appetite and/or sleep
- Unusually irritable or tearful

### Tips for improving well-being:

- Pain and injuries often stop us from doing our day to day activities. It is important to not stop all activity as this can make the problem worse. Pacing is an important part of managing an MSK issue.  
**Talk to us to find out more:  
01483 906392.**
- Make time for activities that bring you pleasure. Develop hobbies that are both challenging and absorbing. These may be new hobbies or taking on a different role with an existing hobby.
- Improving well-being could help with reducing the amount of pain medication and help with symptoms of depression and anxiety.

**Whilst these feelings are common there is a lot that people can do to improve the way they are feeling.**

**Contact us for more information.  
01483 906392  
dhctalkingtherapies.co.uk**

## Breaking barriers to reduced activity

- Sometimes we can stop looking after ourselves particularly if we are feeling low.
- We may say to ourselves that we will do the things we enjoy once we feel better. However it's not until we start to do these things that we enjoy that we actually do feel better!
- Often fear of making the pain worse is a barrier. However, stopping all activity is likely to make the pain worse!

### What is stopping you?

- Are you thinking too negatively?
- Are you being realistic with your goal setting?
- Could you break goals down into more manageable steps?

### Challenging negative thoughts

- Negative thoughts are common especially when a person is feeling low in their mood or anxious.
- Unhelpful thoughts pop into our minds so quickly that it is often difficult to spot them.
- Identifying and challenging these thoughts is important to our well-being.
- Control what you can, let go of what you can't. Try to focus your attentions on the elements of the situation that you can change. We cannot always change a situation, but what we can change is the way we think about it or the actions we take.