

Living Well

A programme for adults with long-term health conditions
Your toolkit for better health

**Chronic Pain
Self-
Management
Programme**

The programme is free to attend but places are limited and registration is essential



To register scan the QR code or email: LivingWellDNCC@hse.ie



Are you living with Chronic Pain?

Examples include (but are not limited to) Heart Conditions, Stroke, COPD, Crohn's disease, Neuropathic pain, Migraine, Kidney Disease, Multiple Sclerosis, Fibromyalgia, Nerve damage, Rheumatologically, Back and Musculoskeletal pain.

What is the Living Well Chronic Pain Self- Management Programme?

Living Well is a **Free Online** group programme, delivered over seven workshops via WebEx (1.5hrs x 1 introduction & 2.5hrs x 6). It is delivered by two trained leaders, one of whom is living with long-term health condition(s) and/or pain. Living Well can help you develop the skills and confidence to manage your health condition(s).

Workshop Topics: Techniques to deal with symptoms of chronic pain conditions, such as fatigue, sleeplessness, stress, and emotional problems such as depression, anger, fear, and frustration, with emphasis on cognitive behavioural therapy techniques for managing pain.

Topics include:

- Appropriate exercise for maintaining and improving strength and endurance
- Balancing activity with rest
- Tools for overcoming worst-case thinking
- How our minds affect pain and how we can use our minds to lessen pain
- Negative emotions
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers
- Communicating with friends and family
- Communicating with the health care system
- Communicating with oneself
- Action-planning, problem-solving, decision-making

Why join the Living Well with pain programme?

People who are supported in this way increase their knowledge, skills and confidence to better manage their health in partnership with their health care provider(s).

Starting: Thursday 26th October- Thursday 7th December from 10.30am-1.00pm for 7 weeks.

Location: Online via Zoom

How: For more information contact the Living Well Team Email✉: LivingWellDNCC@hse.ie

