

# LIVING WELL WITH PAIN

## Improve your mental health and wellbeing

Try relaxation, mindfulness, or breathing exercises



Explore cognitive behavioural therapy or pain management programmes

Speak to your GP about mental health support



## Maintain a healthy lifestyle

Keep active with walking, swimming, or gentle exercise



Eat a balanced diet and stay hydrated

Aim for good sleep and regular routines



Avoid alcohol and smoking

## Look after your social life

Stay connected with friends and family



Join local groups, activities, or hobbies

Ask about social prescribing services



## Seek support when you need it

Talk to your GP, pharmacist, or healthcare team



Get a medicines review if pain is ongoing

QR code

Visit:  
[www.livewellwithpain.co.uk](http://www.livewellwithpain.co.uk)