

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



Visit:
www.livewellwithpain.co.uk