

> Why is it important?

Living with a long term health condition can involve living with pain of some kind. Long term or chronic pain can affect our mood and can mean we suffer from poor sleep. We've put together this list of online resources to help you manage your pain.

Links to online resources	Description
NHS Advice ways to manage chronic pain	Advice based on the latest research about ways to manage chronic pain.
The Pain Toolkit www.paintoolkit.org	Website full of information and advice on self-management techniques for pain management including this set of videos.
Crystal Palace Physio Group Self Refer Telephone 01689 88 77 10	From 3rd April 2018, if you are a registered with a Bromley GP and are 18 years or older and have back, neck, joint or general muscle problems you can now self-refer to physiotherapy without the need for a GP appointment.
The British Pain Society www.britishpainsociety.org	This website is primarily aimed at healthcare professionals but there are pages for people living with pain. Site includes information about the latest treatment plans and options and research.
Pain Concern Painconcern.org.uk Helpline 0300 123 0789	Website packed full of information and advice including podcasts videos and information leaflets including a series on pain relief medication.
Home (painsupport.org.uk)	Forums, information, support and self-management tips including advice on pacing and managing flare ups.
Understanding pain in 5 minutes	Easy to follow video explaining our current understanding of the causes of chronic pain.

Pain Management Tips

- Keeping a pain diary can help you understand your pain, identify any triggers and keep track of what eases your pain.
- Keep active to help maintain your strength and flexibility. Physical movement can help to relieve pain.
- Avoid over doing things and practice pacing.
- Relaxation techniques such as breathing exercises, mindfulness and meditation have been shown to relieve pain.
- Distracting yourself with another activity such as reading or doing something creative has been shown to relieve pain.
- Understand your medications and how they can help.
- Stop smoking and reduce alcohol consumption.

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To contact Bromley Well call the Single Point of Access on **0808 278 7898** or direct Lifestyle Support lines **07985 431484 / 07985 444210** Email enquiry@bromleywell.org.uk www.bromleywell.org.uk



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