



PAIN MANAGEMENT

Bromley

Well

HEALTH FACT SHEET

Updated December 2025

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 different aspects of our life. We've put together this list of online resources to help you manage your pain.



SELF CARE TIPS

KEEP A PAIN DIARY

Keeping a diary can help you understand your pain, identify any triggers and keep track of what eases your pain.

PRACTICE PACING

Plan what you're going to do and don't over-exert yourself. Try to break tasks which feel difficult down into smaller chunks, and alternate easier and harder activities or spread them out through the day.

KEEP MOVING

Keep active to help maintain your strength and flexibility. Physical movement can help to relieve pain. Just be aware of your limits.

To register with Bromley Well:
Freephone 0808 278 7898
Or register online:
www.bromleywell.org.uk/refer

Contact Lifestyle Support direct
07985 431484 / 07985 444210
or email
enquiry@bromleywell.org.uk



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NHS Advice ways to manage chronic pain

www.nhs.uk/live-well/pain/10-ways-to-ease-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 Physios

Contact: 020 8778 9050

www.cppg.co.uk/self-refer.html

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 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.

Pain Concern

Help Line 0300 123 0789

www.painconcern.org.uk/

Website packed full of information and advice including podcasts videos and information leaflets.

Pathway Through Pain

www.pathwaythroughpain.com/

An online pain management course for chronic musculoskeletal pain.

SELF CARE TIPS

TRY RELAXATION AND DISTRACTION

Relaxation techniques such as breathing exercises, mindfulness, and meditation have been shown to relieve pain. Distracting yourself with these techniques or another activity, such as reading or doing something creative, has also been shown to relieve pain.

REDUCE YOUR DRINKING AND TRY TO STOP SMOKING

Drinking and smoking can affect the sensitivity of your nervous system and potentially increase your pain.

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