

# Pain

## How does pain link to wellbeing?

- It can make it harder to do things that might make us feel better.
- It can make us feel low if we can't do things we used to be able to do.
- It can make us feel worried about doing things.

## How thoughts change when we are in pain.

"It's terrible"

"I can't cope"

"It won't get any better"

"I can't do anything"

"If I'm active I might harm myself"

"It's hopeless".

## How can it change what I do?

- You can get into a 'boom and bust' cycle: doing too much when you have energy, becoming more tired and noticing more pain, leading you to rest for longer.
- You may stop doing things that you have enjoyed like seeing friends and family.

## What can I do to help me feel better?

- Plan to do things that either you enjoy doing, or things that help you feel close to others or plan things that give you a sense of achievement.
- Remember the things that you can do (and plan to do these) rather than thinking about what you can't do.
- Try and do some exercise: create a plan with your GP.
- Try to relax; you could listen to relaxing music or focus on a pleasant image.
- Eat a healthy diet.
- Take time to talk. Have a long conversation with a loved one each week.
- You may also find the information sheet on pacing helpful.

The information in this leaflet is available in additional languages and alternative formats.

Please contact the Trust for further details. Dorset HealthCare University NHS Foundation Trust. All rights reserved.  
Not to be reproduced in whole or in part without the permission of the copyright owner.

V1.1 LT HC Project 2012-2014 Produced October 2013



Providing care all of us would recommend to family and friends