



steps2wellbeing

Cognitive Behavioural Therapy course for wellbeing with Persistent Pain

**Are you
struggling with
depression and
anxiety due to
Persistent
Pain?**

What is CBT?

Cognitive Behavioural Therapy involves understanding the link between how we feel, what we are thinking, and how we behave, in certain situations.

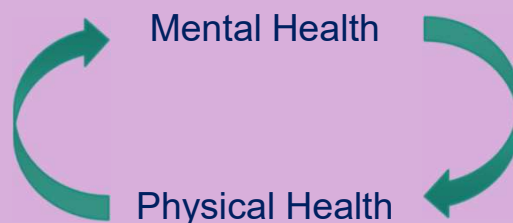
CBT is a practical therapy that involves learning about anxiety and low mood, and making changes to what we do and how we think, in order to feel better.

Session Topics

- Persistent Pain explained
- Understanding the link between pain and mood
- Creating sustainable activity levels
- What we say to ourselves matters
- How to think differently
- Manage stress & emotions
- Improve sleep & relaxation
- Processing emotions
- Managing flare-ups
- Maintaining improvements.

Research has shown that there is a strong link between **Persistent Pain** and **anxiety and depression**, and this can greatly impact our quality of life.

This course aims to help you to understand more about the impact of pain, depression and anxiety. It offers practical tools to help improve your ability to cope with pain and enhance your quality of life.



If you would like to find out more about this free online course, please go to
<https://www.steps2wellbeing.co.uk>