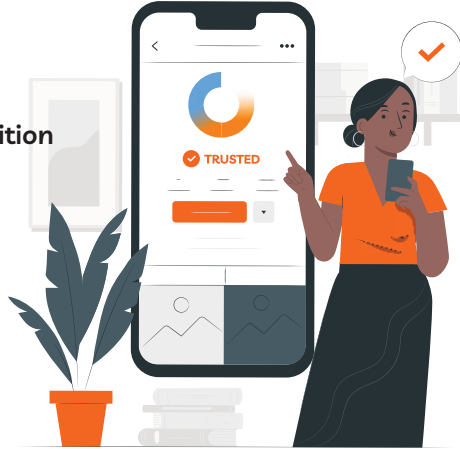


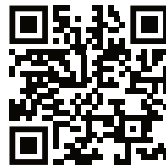
Live Well with Pain is dedicated to providing easy-to-use self management resources that are used and trusted by many thousands of people living with pain – and the practitioners who support them. Everything is free to access and the site covers topics like:

- understanding pain and the brain
- accepting pain as a long term condition
- setting goals for yourself – and achieving them
- learning how to pace yourself, so you can do more
- relaxation and mindfulness skills
- getting a good night's sleep
- relationships and pain
- managing moods
- pain medicines and their side effects
- planning for setbacks – and overcoming them



Visit [livewellwithpain.co.uk](https://livewellwithpain.co.uk)

and start your self management journey today.



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Design: [www.andrassymedia.co.uk](http://www.andrassymedia.co.uk)  
Version 02, 03/24



[livewellwithpain.co.uk](https://livewellwithpain.co.uk)

a FREE website for people who live with persistent pain and the healthcare professionals who support them

Live Well with Pain is dedicated to providing free access to easy-to-use self management resources that are used and trusted by over 60,000 people living with pain every year. Across the UK and beyond, thousands of clinicians also use Live Well with Pain's tried and tested techniques as part of their work with patients.



At Live Well with Pain, we know that living with persistent pain has a massive impact on your life, even to the point where it feels like it has *become* your life.

Persistent pain doesn't only have a physical impact. It affects your mood, it disrupts sleep patterns and daily activities. It impacts on your family and friendships and your ability to work. In other words pain affects every aspect of your life.

And while we now recognise that persistent pain can't be 'cured', there are many parts of your life where changes can be made. Learning how to do this is called *self management*. It's about discovering new ways to deal with the effects of pain on your life, learning new skills, and 'taking back control.'

This is where our website comes in ...

*Live Well with Pain* is a free website jointly developed by health care professionals together with people with lived experience of persistent pain.

It brings together the key information and resources you'll need to become a confident self manager of your pain – all in one place.

Our resources are a mixture of video stories, leaflets to download, links to trusted information online, short articles to read, and templates to print out to help you with your pain management planning.

**'Self management is about shrinking the part of your life that is about pain, and growing the other parts of your life, so that pain no longer dominates.'**

*Person living with persistent pain*



## Ten footsteps to living well with pain

There is a whole set of pages taking you through a ten step learning process which we've called *Ten Footsteps to Living Well with Pain*.

Here you can explore the key stages in learning to live well despite your pain. You can work through these step-by-step or just focus on the topics that mean most to you.

There's also a 'guide for healthcare professionals', explaining how they can utilise the *Ten Footsteps* approach with their patients.

Written by practising clinicians, it is designed to consolidate healthcare professionals' skill set and grow their confidence to develop a self management focus in their patients.

There's even a 'Ten Footsteps for Carers' that responds to the special challenges faced by families and friends who support someone with persistent pain.



## How to access our resources

Access to our full collection of resources is completely free. You can use anything you want, as often as you need. You can download and print information on everything from *Understanding Pain* to *Managing Setbacks*. Simply go to [livewellwithpain.co.uk](http://livewellwithpain.co.uk)

We are adding new content all the time as our network of practitioners and people living with pain grows, and more people contribute to our rich resource collection.