

### **Sma Steps tae Muckle Rewaards**

**Unnerstannin fit's adee wi ye:** Ye can play a foremaist pairt in managing yer health an weellbein. It's important tae get tae ken aa about yer condeetion an ken fit yer sair bits mean. Unhelpfu thochts about their health can trap fowk.

**Feelins:** Fowk wi chronic pain (sair) can experience aa kyn o feelins. Try tae be aware (aweers) o yir feelins an unnerstan far they come fae an fit wye ye nicht respon in a different wye.

**Relaxation:** The deleebrit eese o breathin and positive focus acks as a fire extinguisher for stress. It maks us develop a skill att gies a calm souch tae the nervous system an helps fowk see throwe the fog o stress.

**Helpin Sleep:** Iss gies yer heid an body a chunce tae rist, sort an reboot; att syne feeds in tae mair energy an better copin for the neist day.

**Pacin:** Iss means nae deein ower muckle and nae eesin yer pain as yer only guide. Unnerstannin the boom-bust cycle an the idea o haein choices are vital. 'Pacin' gets the maist 'ay, bits'; bit it's een o the maist important concepts in foo tae deal wi yer pain.

**Bottomlines:** Use objective measures lik time/distance/amoont, for things ye dee aa the time lik stannin, sittin, waalkin an hoosewark. Fit ye maun try tae dee is create consistency, dee awa wi fear, an improve function bi warkin wi'in yer leemits. The lang an the short o't is: 'dee less mair aften'.

**Acteevity:** Finnin wyes tae be mair swack is affa important. Try waalkin, sweemmin or fitivver else warks for ye; use bottomlines as a startin pint an bigg up gintly.

**Fit ye Ett:** A gweed quality balanced diet is key tae aabody's health.

**Kindness:** It's important tae cheenge fae aye pittin yer ain needs last. Aloo yersel tae dee fit ye wint, or need tae dee, rather nor sikkin approval or justifying yersel. Tak for yersel the gweed advice ye gie tae ither fowk. Maist fowk egg on ither fowk tae 'ca canny' an 'dinna be sae sair on yersel', bit it's aften a chaave tae apply iss tae oorsels.

**Communication:** It's gweed tae be clear an spik about foo ye think and feel. Try tae be mair furthcomin an aloo yersel tae say: "No thanks" and "Ay Please". Bein ower focused on health can dee ill.

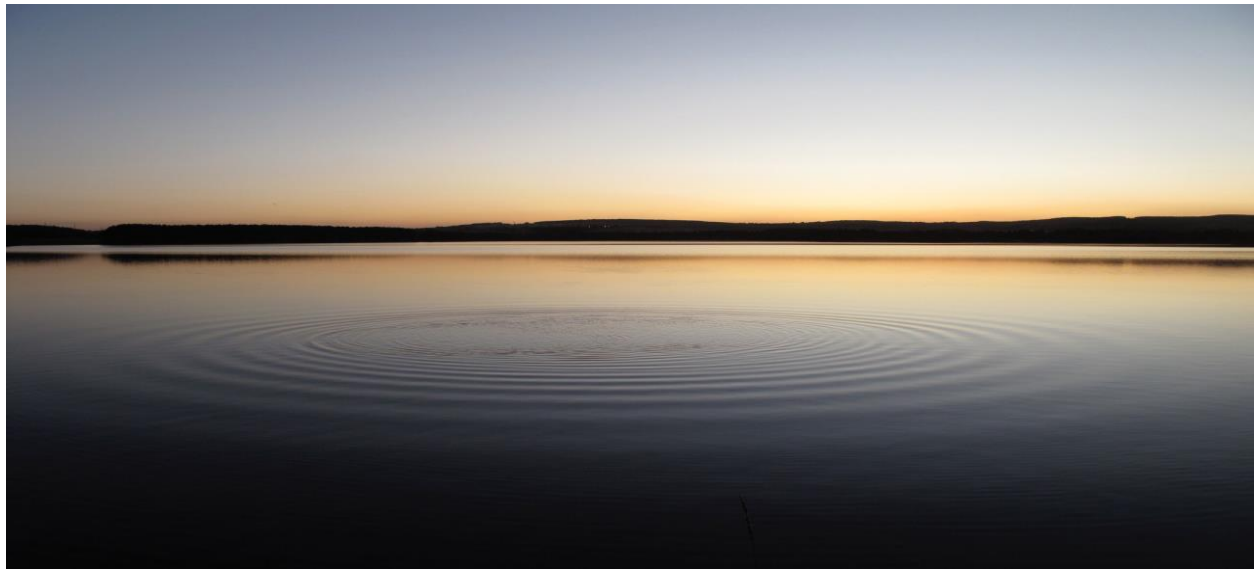
**Dealin wi ither fowk:** Tak tent o foo ye react tae fit fowk are sayin aboot ye, fyles yer reaction can be mair tae dee wi fit ye think aboot yersel. ‘Ye’re leukin weel’ an ‘Foo ye deein?’ aften jist mean, ‘Hello!’

**Help:** Fyles takkin even a wee pickie help can mak a huge difference, baith tae you an the body fa wints tae dee something tae mak things better for ye.

**The balance o life:** Tak time for ‘fillers’ lik rest an relaxation: they can gie ye fushion; fyle ‘drainers’ lik fash an wint o sleep can mak ye fushionless. Maist fowk hiv ower muckle drainers an nae eneuch fillers. Faan wir oot o kilter, we suffer.

**Ken fit maks ye tick:** Engagin wi yer interests taks focus awa fae yer trachles. It brings doon boredom, biggs up confidence an improves yer sense o weelbein.

**Realistic an practical:** It’s helpful tae focus on fit ye can dee, rather nor fit ye canna. Adaptin in iss wey, helps ye tae feel positive an mair in control o yer life. Iss is a helpfu road tae a better relationship wi baith yerself an yer situation.



**The ripple effect:** Gin ye tak wi jist een o iss ideas, it can hae a positive ootcome for the rest o yer life.

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