

PAIN ASSOCIATION SCOTLAND

SELF-MANAGEMENT TRAINING FOR PEOPLE WITH CHRONIC PAIN

One to One Self-management Support for Veterans Living with Chronic Pain



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Who are we?

Pain Association Scotland is a national charity:

What do we do?

- deliver self management training
- people with chronic pain regardless of diagnosis
- professionally led COURSES & GROUPS
- facilitating peer support

We are delighted to be introducing this new support service which will be available via telephone or skype and will help you develop the self-management skills required to improve your quality of life

For further information or to make an appointment please contact Pain Association Scotland on 0800 783 6059 or email info@painassociation.com

Topics

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- Understanding pain and its impact on life
- Building pacing skills
- Stress management
- Dealing with difficult thoughts and feelings
- Improving sleep
- Dealing with flare-ups
- Relaxation skills
- Understanding the role of medication
- Re-building confidence & self-esteem
- Improving communication and relationships
- Improving self-efficacy



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0800 783 6059

enquiries only

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VETERANS' FOUNDATION

Pain Management Strategies and Support for People in Pain

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