



Positive language leads to positive wellbeing and negative language can bring anyone down enough for them to believe they are that person. A devastating diagnosis is bad enough but that's where negative language stops, and positive language can begin. We struggle on a daily basis to out manoeuvre the challenges we face but often with help we can find ways of overcoming those struggles. We are not 'suffering', we are 'living with', 'impossible' becomes 'possible', and we concentrate on what we can do not what we can't. We all have our own abilities.

Everyone's pain is real and unique. Pain is a protector, not a detector. Changing your mindset, fighting for your rights arming yourself with as much information as you can. Knowledge is power so by trying to look at things from another angle may help. If you feel your pain is not being taken seriously, make a fuss and trust your body. You know your own body you are living in it and can feel when something isn't right.

Slow down and simplify things that matter.  
Take a breath  
Take your time

### Dairy Dates

Positively Crafty Thursday 4th  
May from 1.30pm-4pm

Coffee Morning Tuesday 9th  
May at a venue in Bury from  
10.30am

CPSG Thursday 18th May  
from 2pm-4pm

Meetings are held at  
Southgate Community Centre  
and include refreshments.

### NEW - Mindful Movement for Chronic Pain with Caroline Flack

I have started working with the Chronic Pain Support Group who meet monthly.

I held the first chair-based class for them in March and several members enjoyed some time to relax with breathing techniques and gentle movement to keep joints active.

I will be holding some ad hoc classes due to availability of the venue with a view to providing two classes a month moving forwards.

If you know anyone who might be interested, please do not hesitate to ask them to contact me.

Dates coming up all @ **Southgate Community Centre, BSE. 1.30-2.30pm**

**Thursday 27th April, Thursday 4th May Thursday 25th May, Thursday 8th June Thursday 22nd June, Thursday 13th July**

All details can be found on the website [calmwithcaroline.co.uk](http://calmwithcaroline.co.uk) or call 07834 908936