



Friends bring happiness and very importantly banish loneliness “isolation can have a negative effect on both mental and physical health”. Loneliness triggers the release of multiple stress hormones, damaging wellness. Having a strong network of friends is important. Good friends give your confidence a boost, are there for each other when the going gets tough, chatting about worries and being supportive helps boost positivity and self-esteem, reducing the risk of stress, anxiety and depression. Strong friendships can enrich your life, elevate your mood and improve your health. It doesn't matter how you stay in touch it's about the depth of the friendship. Laughter is the best medicine. Seeing friends lifts the spirits and laughing with them lowers stress levels and supports wellness all round. Age has no barrier when it comes to friendship so boost your natural body defences and spend time with a friend or give them a call.

Creating art, in whatever form you enjoy doing it, can have an incredible impact on our minds and moods. Art can be so calming as it involves repetitive rhythms resulting in soothing behaviour that then settles the mind. Art, in many forms, is a terrific tool in helping people communicate feelings that they may find hard to express as it reconnects us to our senses. The benefits of being in the moment, learning a new skill and creating something at the end of it, are incredible. These benefits of being creative are not just to do with mood they can also help to fight memory loss and cognitive decline, keeping the grey matter healthy. By being creative you can enjoy better health. Crafting challenges and friendship is what has kept the challenge group coming together during this crisis and they continue to persevere with new creations. These people, bearing in mind that they live-in long-term pain and have their own daily challenges to cope with, are a shining example of what can be achieved at times like this.

The current crisis has impacted on CPSG meetings in many ways. In these difficult, unprecedented times we need to use a little flexibility to keep us all safe so we will not be reconvening any meetings until the Spring of 2021, in the hope that the guidance at that time will be more encouraging.

For more details about the group please visit our website  
[www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)