



Living with a chronic illness involves constantly managing an unpredictable cycle of good and bad days causing frustration for the sufferer and their loved ones. Flare ups of pain can last a few days to several weeks and can be exhausting brought on by physical exertion, stress, sleep quality and environmental change, even a simple activity. What helps one person may not help another. A change in routine can make a difference. Pushing yourself too hard leads to consequences—your body reacts. Invisible illnesses are very real—self-care, gentle movement, rest and recovery can help. Unable to participate in your every day can be isolating. Recognising patterns and triggers, making adjustments may minimise impact—small lifestyle changes can help reduce frequency. Understanding rather than enduring can make a difference to all involved. Listening to your body is a way to regain control, rest is essential and crucial to surviving. Having a support group can ease the emotional burden. Practicing deep breathing and mindfulness can also help relieve symptoms. Learn to recognise symptoms early on to prevent a spiral. Pain can be demanding and healing is an active process.

Crafting is a wonderful creative outlet that is good for your health, eases stress and increases happiness. Coming to Positively Crafty you feel part of something, improving social contact and communication. You can fully immerse yourself and be completely absorbed in any activity, you are doing something pleasurable. It has therapeutic potential and is unique in its ability to involve many different parts of the brain. The rewards go beyond creation so what are you waiting for—give it a go!

Dairy Dates

Positively Crafty—Thursday 1st May from 1.30-4pm

Coffee Morning—Tuesday 6th May from 10.30am at The Dragonfly Hotel

CPSG Speaker Meeting—Thursday 15th May from 2pm-4pm.

Both meetings at Southgate Community Centre

Zoom—Virtual coffee morning on Saturday mornings from 10am

For more details call 07724 187774 or email chronicpainsupportgroup.co.uk
Visit www.chronicpainsupportgroup.co.uk