



When you are feeling down or experience low mood this can affect your everyday life. It can also affect your energy and joy in your life which usually makes you happy. Lack of sleep can magnify negative feelings too and everything seems such an effort.

There are ways of lifting your mood and calming overwhelming thoughts and feelings e.g. a little activity can make a difference, having goals and marking small achievements, getting out in the daylight, rewarding yourself.

Being out in the sunshine helps our feelings of wellbeing, improves mood and reduces pain and stiffness by warming the body's muscles.

Talking helps break the cycle of negative thoughts that can lead to negative actions. Talking through your feelings with someone you trust or meet up with friends can help take your mind off things. Positive interaction really stimulates.

Give yourself a boost by taking small steps and doing what you think is right for you. We are all individuals and what works for one may not for another.

Bring a little joy back into your day by coming along to meet others in similar circumstances. CPSG is a very welcoming and friendly group and support is what we are all about. We look forward to seeing you there!

### *Positively Crafty*

In June vellum flowers were achieved in the session, as you can see they have turned out very colourful. The steps were relatively easy to follow from the stamping out to the embossing and cutting out. Then the colour finally bringing the layering together. In the August session these flowers will be set in place either on a card or in a picture framed box.



If you would like to have a go at crafting please drop into one of our sessions and see what we are all about on the first Thursday of each month from 1pm to 4pm.

The next CPSG meeting is on Thursday 15th August from 2pm-4pm.

Both meetings are held in the small hall of Southgate Community Centre and refreshments are included too.

For more details call 07724 187774 or email [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)  
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