

# CHRONIC PAIN SUPPORT GROUP

*Run for Patients by Patients*



Invisible illness can be difficult to deal with however one small act of kindness can make a difference, however little. People in pain have a tough time telling others how they can help them out and showing kindness, when they feel so awful. Being open to receiving kindness from others instead of building a wall around themselves can turn negativity into positivity. It is hard for others to know what is wanted and what would be of real value.

Taking the time to perform simple gestures of kindness has numerous benefits from boosting mental health to relieving physical pain. Be your own best friend and supporter not punishing yourself when you do not fulfil a goal, instead look at the achievement. Also be willing to share what you need. Concentrate purely on your skills and treat yourself as you would a friend. Knowing you're a kind person is powerfully restorative to self-esteem.

Kindness can:-

Boost immunity and ease anxiety

Create emotional warmth and improve mood

Calm negativity feelings

Reduce stress and Increase wellbeing

Produce endorphins—a natural painkiller

Provide empathy and compassion

Give a wonderful feeling of self-worth.

Make a profound difference.

## *Positively Crafty*

Easter cards and boxes were created and achieved in the April session. In May silk painting is the theme followed by a Father's Day card in June. A new programme will then be agreed for the remaining 6 months of the year.

Crafting brings many rewards so if you enjoy being creative why not come along and join a light hearted and friendly group of people who are there for each other as well as very welcoming.



**CPSG's** next meeting is on Thursday May 16th at 2pm. A speaker is currently being arranged. We are always on the look out for speakers so if you have something to offer that is topical, historical, interactive and captures an audience attention please get in contact. We would truly appreciate it.

Both meetings are held in the small hall at Southgate Community Centre.

Friends and family are welcome to come along to any of the meetings throughout the year.

Living day-to-day in pain can be incredibly debilitating, isolating and a lonely place to be. Bringing people in pain together on a regular basis helps to focus on the positive, be with others in the same position and be accepted as you are.

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