



In these unprecedented times many of us are facing challenges. Like all setbacks in life it is how we look at these obstacles and the way they have a huge impact on how they affect us. By helping ourselves to look for ways to see solutions to these occurrences in our everyday, can make us healthier too. Stepping back and looking in from a distance things can become more clear and the setbacks in the days to come more copable. In any challenge you can learn something from it to be able to go forwards, also it could teach you something about yourself? You may find you are more resilient than you think you are and that there is a positive value in each one. Be in charge of your emotions, that way there's something you can do about it. Quiet the inner chatter by making it work for you and learn to laugh at your own negativity. Have one hibernation space just for you where you can escape to, just to be. Try to enjoy being in the moment. Be compassionate to yourself, forgive yourself as you do others and be easy-going.



During this difficult time members of the group have been pulling together and supporting each other. Support is precious, being there beside each other no matter what. Being kind, loyal and generous. It is about having someone who understands and respects the differences, the differences bring people together. Being kind and sympathetic also helps us to manage to cope with everyday challenges. Members have become a close knit covid family and all have different strengths. Whatever and whenever you need it, they are there to provide the best they can in that moment. They are not there to judge, only to trust and care.



Weekly on-line meetings for members are now taking place and being able to see each other has been a real boost. No matter which way you go about it connection and communication are vitally important at this time.

CPSG meetings remain postponed. All enquiries via email please to [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)



[www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)

**From all of us to all of you enjoy the festivities and have a very Merry Christmas**