

# CHRONIC PAIN SUPPORT GROUP

*Run for Patients by Patients*



Crafting is still being achieved in the challenge group and new skills are being nurtured. New talent has been gently uncovered which gives us ideas for going forward with Positively Crafty. Members have still been keeping in touch and encouraging each other with the weekly tasks set, like a small close knit family. As you can see needle felting, ways with wool, cards and embroidery have been ongoing and with new people joining in may mean new interests to try. This has been really helpful for those who are alone and feel isolated.



A lot of things that were crucial in our lives and that we are now being deprived of is having a profound effect on our mental wellbeing. This uncertainty can cause many feelings to rise to the surface and invade our every day calm. If your mind is working against you, you may feel more drawn to doing things that create more negativity than positivity. Distraction is one small way to help overcome this and learning to focus on what you can control rather than what you cannot. Taking care of your physical health, keeping in touch with others close to you and using relaxation techniques can help too. Solace can be found in sharing your feelings with others in a similar position. Seek out and create moments of joy in your day, set your intention and make choices that bring happiness and make you feel good. Minimise the things that do not serve you well especially if they have become a habit. Being deprived of other human contact has been such a loss to those who rely on regular social interaction so a chat date or a video call where you can see another person and their facial expressions can be of real value. This is a really tough time and it is vital to stay connected and become adept at the same time making the best of each day in the best way you can.

Your senses help to focus on the present and help you find calm in the moment and it is these moments that can bring you joy. Touch, hear, smell, taste, see, listen and breathe can help you find a way to activate relaxation as can reconnecting with nature which is a great advantage to our mental wellbeing.

Through all this we are being guided by the government rules which change accordingly and we have to bear in mind many of our members are vulnerable. As much as members would like to come together sadly it is not to be. CPSG meetings remain postponed for the immediate future and when it is safe to do so we will meet again.

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