



## **Pain—One day at a Time**

You can achieve so much more in this way:-

By living in the moment

By not thinking too far ahead or overthinking

By taking a day at a time

Be open to suggestion and try to put in place what is suggested to you

Try not to let it be your complete focus and find what works for you

Be ready for setbacks

Distraction techniques help to gain a sense of achievement

Taking a multi disciplinary approach and living within the confines results in having a meaningful life with improved quality

Spending too much time in a heightened state, negatively affects our wellbeing in various ways

By giving ourselves time and presence of mind, we reap the benefits

Know you are not alone with this

Connect with others

Accept a new normal and be empowered!

## **Positively Crafty**

In the session in August sticky note pad wallets were achieved.

The materials used were a piece of A4 card, a piece of coloured card, a sticky note pad, double sided tape, a heat gun, a decorative stamp and coloured embossing powder of your choice.



The measurements are 9cm square on the top, 2cm x 9cm for the side, 9cm square for the bottom. All one length of card 20cm long by 9cm wide. Useful for telephone messages, reminders or as a handy little gift.

Crafty sessions are always fun, light hearted and everyone helps each other.

**Positively Crafty**— Thursday 1st September from 1.30-4pm.

**CPSG** speaker meeting— Thursday 15th September from 2pm-4pm.

Both meetings at Southgate Community Centre

**Coffee Morning**-Monday 5th September from 10.30am at Dobbies Garden Centre

**Zoom** meetings-Wednesday for art and Saturday for a virtual coffee morning. Both from 10am.

[Find us on Facebook/call 07724 187774](#)

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

No referral necessary to join the group.