



Keep Moving Forward

Pain is completely individual, influenced by many factors, can be difficult to define and measure, everyone's experience of it is different. Chronic pain can have a severe impact on quality of life. Once all professional help has been clarified it is about finding ways to live a better life and focus on day-to-day needs and goals. Pain is so complex there is no one size fits all solution however you can boost your self-esteem, pick up new skills and improve your health. Learning new skills can improve memory and cognitive function, each new experience big or small boosts confidence, lifts mood, gives you energy and even slow down time. What you choose to do is entirely bespoke to you. It can be grand and ambitious or small and modest, as you like. It is not what you do it is the act of doing something, getting out of your comfort zone and embracing every opportunity. It is about focusing on what you can do and not what you cannot. It only takes a little imagination and enthusiasm. It's easy to remain in comfort zones and follow a routine but there are real benefits to shaking things up once in a while.

Positively Crafty



Creative activities can help distract us from difficult thoughts or feelings and it can be rewarding. Its about focusing on enjoying yourself not worrying about a finished product. It helps to adopt a growth mindset that means not being too fixed or rigid about outcomes/getting things right and recognising that messing it up is part of the process. If something doesn't come straight away, instead of thinking, I'm not good at this, try adding 'yet' I'm not good at this yet. It can really help you keep going and get the most out of what your trying. We have all been there at one time or another.

Take time out of your day and try something different or revisit past skills as we are doing in crafty. Push your boundaries a little and accomplish things you would not usually try. Experiencing new things is so powerful for our wellbeing. It can lead to new friends, improve our health and feel good about our own abilities, sometimes surprising ourselves with what we can do.

Be inspired and have some fun, we certainly do!

Happy Jubilee



CPSG coffee morning is on Monday 6th June at Dobbies from 10.30am—all welcome

CPSG next meeting is on Thursday 16th June at 2pm at Southgate Community Centre

For more details call 07724 187774 or email info@chronicpainsupportgroup.co.uk

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