

## NEED A TENS MACHINE?

AT ACTION ON PAIN

WE SELL A TOP QUALITY

## TENS MACHINE

THAT IS VERSATILE COMPACT  
AND EASY TO OPERATE

**£30**

**INCLUDING THREE SETS OF PADS**

+ POSTAGE AND PACKING

Action on Pain is a national charity with strong European links providing support and advice for people affected by chronic pain run entirely by volunteers affected by chronic pain along with healthcare professionals working in pain management.

We operate:

- \* Painline - our dedicated helpline open 10 a.m. to 4 p.m.  
- Monday to Friday (answerphone sometimes)
- \* Produce a range of informative booklets
- \* A mobile information unit
- \* Listen and speak up for people affected by pain
- \* Work to ensure a greater awareness of the impact of chronic pain

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PainLine: 0845 603 1593 (lo-cal rate)

Registered charity no: 1088789

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**“TRICKS OF THE TRADE”  
FOR COPING WITH  
CHRONIC PAIN**

Action on  
**pain!**

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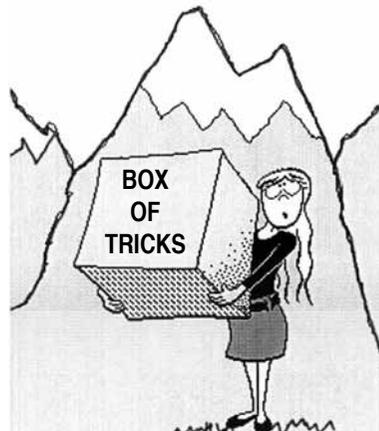
## **LET THE JOURNEY BEGIN!**

Living with chronic pain can at times feel like an uphill struggle - almost a battle that you cannot win. Frustration and isolation often creep in which can impact heavily on family life and how you perceive your own pain to be.



However it need not be like this. Have a read of this booklet to benefit from the box of tricks which have been gathered from people affected by pain, their families, and healthcare professionals.

Over the years Action on Pain has found that sharing experiences can have a really positive impact in helping people with their chronic pain.



**SO READ ON!**

12 *I read a lot. Getting deep into the plot and characters can be a great distraction from my pain - a sort of fantasy world.*

13 *I used to wake in the morning thinking "What hurts today?" Now I do the opposite and check what does not hurt - I now feel much more positive.*

14 *Believing in yourself - that you can do things.*

15 *I joke about having to use a mobility aid, I call it a monster truck! Humour has been a godsend to me.*

16 *Thinking. "While I'm doing this I'll enjoy it." Do this - it might even be fun.*

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Our sincere thanks to the many people in the King's Lynn area who have Ord whose inspiration has been invaluable.

# ACCEPTABILITY



“WE’VE GOT IT SO WHAT  
ARE WE GOING TO DO ABOUT IT”?

1 I find things I can do, making them the focus of the day, rather than the pain.

2 How can I do this differently?

3 I have a pair of long-handled grippers in each room.

4 My pain is more controlled when I stick to pacing and my limits.

5 *I always try to feel in charge of the situation - some say I am stubborn but it works! Our family life has really improved.*

6 I set boundaries for the day that are realistic.

7 ***I try to understand the mechanics of my pain and discomfort - it helps me stay calmer and relaxed.***

8 I am always on the lookout for new ideas to manage my pain and the lifestyle that goes with it.

9 *Having a nice hot bath helps - try lavender oil or sea salt in it.*

10 ***Each day I have a 30 minute relaxation spot - I just stop everything - it's wonderful.***

11 The more distracted I am the better for me and my pain.

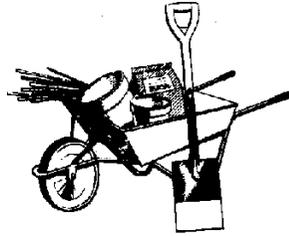
- ★ A better understanding of your chronic pain will allow you to take control of your condition. Try to always feel in charge of the situation. At times this may make you appear argumentative, stubborn or selfish. Self preservation is the key.  
Learn to say no!
- ★ If someone offers you help - take it. I'm so bad at saying "no it's ok thanks I'll do it at some point" and it never gets done! I need to learn to say "yes - when can you do it"?
- ★ If you are really struggling one day it's ok to go and lie down and rest for a bit. Don't feel guilty - it's your body telling you it needs to stop for a bit.
- ★ All pain will be heightened by fear, be brave and ask for as much explanation of your pain as possible.
- ★ If you have been given aids or equipment to use don't keep it in the garage or under the stairs - use it.

For a host of other "Tricks" visit [www.action-on-pain.co.uk](http://www.action-on-pain.co.uk).  
contributed to this booklet especially Peter

## PLANNING

- ★ “You might like to treat this as a job”
- ★ What are your priorities?  
What is important to you and your family for that particular day?

- ★ Keeping up with housework and the garden can turn into your worst enemy.



- ★ If you have family living at home or nearby why not get them involved?  
Perhaps a friend could help?
- ★ It is good to feel useful by attempting tasks that can be done.  
Try not to take on too much. Be realistic and don't be afraid or too proud to ask for help.



**WHILE ALL AROUND ARE HELPING!**

## POSITIVE THINKING

### ***“IT’S YOUR MIND AND YOU MATTER”***

- ★ Set yourself realistic and achievable goals. Day to day - week to week - month to month.

- ★ Think about what you can do rather than what you cannot.

- ★ Humour and laughter is a wonderful tonic and its free.



- ★ See how you can adapt your skills and abilities to suit your needs.

- ★ If work is a problem try volunteering it can open a whole new world of opportunities.

- ★ The first step is the hardest but each step is one more along the road to taking control of your pain.

