

Resources worth exploring to manage pain well



Living with Chronic Pain - CD

by Neil Berry, Clinical Psychologist
Listening version of self care skills for managing pain, well explained and easy to follow.

Free download – good listening!

Available to download free at www.paincd.org.uk

CD price less than £5.00



An introduction to Living Well with Pain

This pocket book is a step-by-step guide through skills to help you stop struggling and cope well with pain. They include

- Goal-setting and rewarding yourself
- Pacing your day to day activities
- Relaxation practice and better fitness
- Managing moods in supportive ways
- Value of acceptance
- Sleeping well again and coping with setbacks

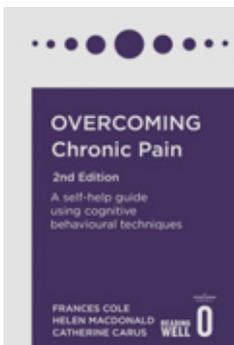
Available from booksellers and online

ISBN-10: 147213771X

ISBN-13: 978-1472137715

Price £4.99

Kindle £2.99



Overcoming chronic pain: second edition

This easy-to-follow book sets out:

- Why pain can persist when there's no injury or disease present
- How to become fitter and pace your activities and goals
- Practical ways to improve sleep and relaxation, lessen moods and unhelpful thinking
- Tips for returning to work, study and creating a life you value with greater compassion

Available from booksellers and online

ISBN-13: 9781472142634

RRP £12.99

Available in all public libraries



Chronic Pain the Drug-Free Way

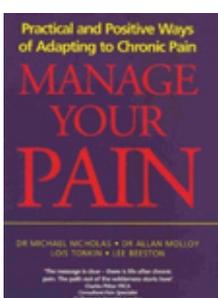
Phil Sizer has written a gem of book using his work in with people in pain management programmes over 20 years.

Nice friendly informative style with humour, stories and examples that guide ways to manage pain with a smile.

Publisher: Sheldon Press;
1 edition (13 Jun. 2019)

ISBN-10: 1847094791

ISBN-13: 978-1847094797



Manage Your Pain

by Michael Nicholas, Alan Molloy, Lois Tonkin and Lee Beeston.

Easy to dip in and out of. All-round coverage of Pain Management methods, including an ordered approach to a pain management programme.

ISBN: 0-75380-997-4

RRP £14.99



The Pain Management Plan

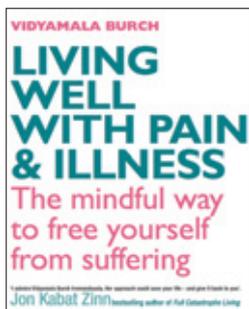
Highly practical book with case histories and helpful illustrations on how people with pain found a better life with pain using goal setting, pacing and other skills.

Has relaxation programme CD. Fun!

Available from online bookseller or www.npowered.co.uk

Spiral bound £9.99

See some pages of the book: <http://www.pain-management-plan.co.uk/pmp-content/uploads/2013/05/PP-Sample-red.pdf>



Living Well with Pain and Illness: The Mindful Way to Free Yourself from Suffering

by Vidyamala Burch

An inspiring and practical book from someone living with pain. Good for ways to begin meditating and practicing mindfulness. Contains practical exercises. CD available too.

ISBN: 978-0749928605

Available from Breathworks www.breathworks-mindfulness.org.uk/

RRP £16.00



Airing Pain – radio show on Able Radio

The show looks at topics like expert self-management of pain, treatment options, staying in work, and state benefits.

Aired every fortnight from September and listeners can hear it broadcast on the internet or as a podcast.

painconcern.org.uk/airing-pain/

Really useful websites to discover more on ways to manage pain well...

www.healthtalkonline.org

Award winning site provides information from people with health problems like pain for people with pain or health conditions. Trusted, valued and uses video, audio and reading resources on topics like the search for a cause, impact on the family and friends, coming to terms with persistent pain and many other issues.

www.paintoolkit.org

Valued popular site where Pete Moore shares the Paintoolkit and the 12 tools to self manage pain. In over 20 languages and uses live scribe approach. It has lots of useful resources.

www.breathworks-mindfulness.org.uk/mindfulness-for-health

An excellent site around mindfulness approaches to persistent pain with details on access to range of courses, face to face, telephone, online. Very helpful resources to buy from site; CDs books and downloads. Vidyamala Burch suffers with long term spinal pain and shares the value of mindfulness in self managing in her books.

www.painconcern.org.uk

Creative and supportive website with many resources, a helpline and radio broadcasts on many topics around pain from leading clinicians and people with pain.

www.my.livewellwithpain.co.uk

Leading site for people with persistent pain - packed full of tips, techniques and resources to help you *live well with pain*. See also:

resources.livewellwithpain.co.uk/ten-footsteps/

An interactive guide to get you back on track for living well, despite your chronic pain.

livingwellpain.net

This site shares from a person living with pain, Tina, a whole host of ways to accept and live with ongoing pain well. See also:

livingwellpain.net/pain-is-more-complex-than-i-thought-webinar