



Living  
with pain

# HEALTHY MINDS

Got something on your mind?

## Is living with pain getting you down?

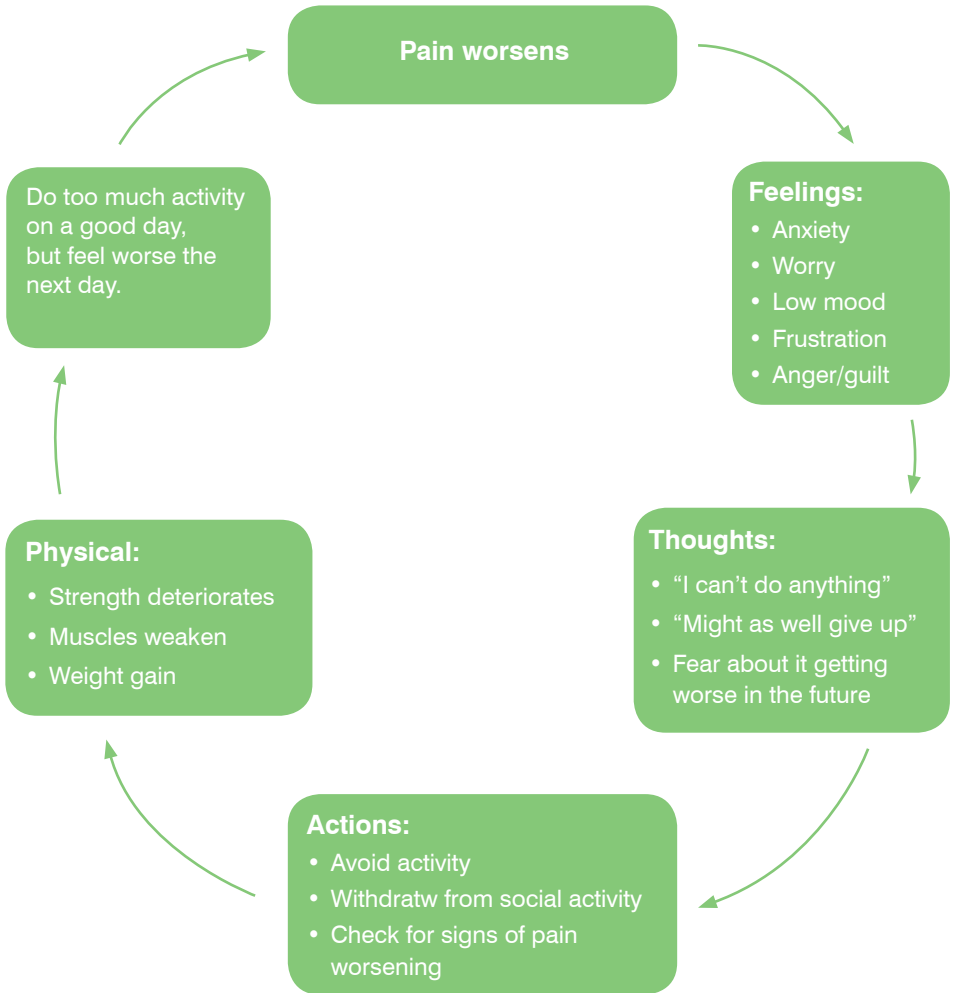
Living with persistent pain can really start to get you down, as it may affect every aspect of your life. Some people find that pain affects their daily routine. For others, the pain is so severe they are unable to work, or to carry out day-to-day tasks. If pain affects you in this way, it could leave you feeling anxious about carrying out certain tasks. You may feel that there is little point trying to do the things you once did. Some people find themselves doing less and less, and becoming low in mood, upset or angry all the time.

Continuing to remain active is an important part of managing persistent pain (for more advice on this speak to your GP or physiotherapist) but many people find that physical activity can cause pain. This can prevent people from undertaking certain tasks or avoiding physical activity.

As you do less, your muscles become weaker and you may find that you put weight on, causing a vicious cycle that looks a bit like the diagram opposite.

If pain has started to make you feel anxious or get you down, this too can begin to make you feel physically worse. When you're stressed, your body can release hormones which make you more sensitive to pain. These hormones can also reduce the strength in your muscles and bones, making you feel weaker and less able to carry out day-to-day tasks. For this reason, it's really important to find ways of managing stress, anxiety and mood because your mood directly affects the pain you feel.

# Pain/mood vicious cycle



## How Healthy Minds can help

Healthy Minds is a service which helps people to manage their mood. Healthy Minds has specific groups to help people who have ongoing problems with pain. The groups will help you to notice the patterns in the way you react to your pain, and how these patterns may make the pain more severe or harder to manage. They will also allow you to test out new ways of responding to your pain, doing this gradually and avoiding getting stuck in a vicious cycle. They will teach you new ways of managing anxiety, stress and low mood, to avoid this making your pain worse.

If groups are difficult for you to attend, you can discuss this with Healthy Minds when they contact you. They may be able to offer options which make it easier for you or to speak to you on a one-to-one basis either by phone or face-to-face.

## Contacting Healthy Minds

You can pass on your details to Healthy Minds by using the website below. You will be contacted in due course. However if you require further information, please do not hesitate to contact us on:

**Tel: 0161 419 5725**

**[www.penninecare.nhs.uk/  
healthyminds](http://www.penninecare.nhs.uk/healthyminds)**



If you prefer, you can ask your GP or other healthcare professional to refer you to Healthy Minds.

## Patient quote

**“I am glad that I took part in the Healthy Minds Pain Group as I got a lot out of it. I have learnt how to relax and the basic mindfulness techniques have helped me to build confidence. This group helped me to better understand my own ability to live with pain and still have a life”**

## Patient Advice and Liaison Service

The Patient Advice and Liaison Service (PALS) acts on behalf of service users, families and carers to negotiate prompt solutions and help bring about changes in the way that services are developed. As well as providing a confidential advice and support service, PALS will help guide you through the different services available from the NHS.

**Tel: 0161 716 3178**

## Comments and complaints

We want to learn from comments and complaints about our services. If you have any, please speak with a member of staff. Every effort will be made to resolve any concerns and complaining will not cause any difficulties in your care with us.

You can also contact the Trust's Complaints Department via post at Trust Headquarters, 225 Old Street, Ashton-under-Lyne, OL6 7SR.

**Tel: 0161 716 3083**

**Email: [complaints.penninecare@nhs.net](mailto:complaints.penninecare@nhs.net)**

## Become a member of our Trust

You can be the voice of your community by electing or becoming a governor, find out more about your local mental health and community services, and receive updates, comment on our plans and get invitations to health events.

**Tel: 0161 716 3960**

**Email: [ftmembership.penninecare@nhs.net](mailto:ftmembership.penninecare@nhs.net)**

## Alternative formats

If you need help to understand this information, require it in another format such as large print, spoken (on CD) or Braille, or require it in a different language – speak to a member of staff.