

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 and building in relaxation practice and better fitness
- Managing moods in supportive ways
- Value of acceptance, patience and being less critical of oneself
- Sleeping well again
- Coping with setbacks

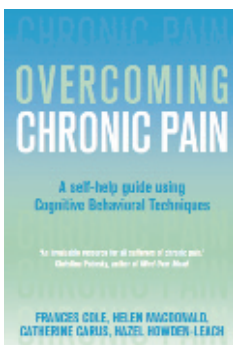
Available from booksellers and online

ISBN-10: 147213771X

ISBN-13: 978-1472137715

Price £4.99

Kindle £2.99



Overcoming chronic pain: A self help guide to using cognitive behavioural techniques

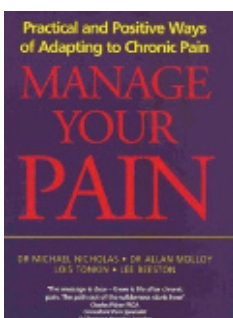
Practical skills on ways to sleep well, build the balance between better fitness, achieving goals and pacing activities. Coping well with moods including anger, setbacks and managing relationship and sex issues better.

Available from booksellers and online

ISBN: 1-84119-970-2

RRP £9.99

Available in all public libraries



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



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.

www.ableradio.com

www.painconcern.com

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

An excellent site around mindless 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.