

Supporting you  
through your  
Chronic Pain  
Journey



It often isn't your  
pain complex  
way

Illustrated participant stories from focus group session with individuals experiencing chronic pain



## Seeking Support

Persistent pain affects more than just the person experiencing it. It changes the way we interact with other people, such as friends, family and colleagues. Being successful in pain management requires help and support from those around us.

“

I'm now 51 and really wish I could have a pain free day but at least I have friends and family that are so supportive.





## Relaxation

A relaxation technique that works for you is a great tool for pain management. Techniques like calm breathing can help ease tense muscles and calm the mind.

“ I now am able to appreciate basic things in life. I feel satisfied by just doing that.



## Movement

Staying active is an important part of managing pain. Some people worry that exercise might worsen their pain. However, this is not true. Regular stretching and exercise decrease discomfort and strengthen weak muscles.

You can start by finding simple ways to move more and sit less throughout the day. Activities like golf, gardening, or playing with the grandchildren are great ways to stay physically active.



“ Slow and steady wins the race and small steps are all it takes to begin to improve the quality of your life.

Relaxation also could be...



meeting

going on a walk



## Be Patient with Yourself

It may take you a few weeks, months, or years to see changes or improvements. When you start feeling better, you might want to catch up on activities. Be careful not to overdo it, or you may end up having setbacks later. Just remember to pace yourself and take things a day at a time.

“

The pain was still there,  
but I became more joyful.



## Pain is Complex

Pain affects the entire body, including our emotions, thoughts and even our immune system. It can affect every area of life, including physical, spiritual, social, and mental well-being. The complexity of this can make pain feel overwhelming.

“ I get home at the end of day wiped out. There's so many things I don't do because I am so sore and tired.



## Seeing Healthcare Professionals

It can be frustrating when multiple visits to healthcare professionals don't give clear answers. However, healthcare professionals play a vital role in your support network. Work closely with your healthcare team so they can help you find a pain management plan that is right for you.



Finding someone you trust is essential as you navigate how to manage your pain.



“ I am very grateful to the help I have been given. Most of the people I have seen have always been kind and they do what they can.



Using water imagery as a metaphor for the emotional journey of chronic pain



## Acceptance

Accepting chronic pain is tough but essential to live your life well. Though adjusting to new ways of doing things may be frustrating, focus on what truly matters to you. It can be helpful to reflect on what you can do today compared to last week and praise yourself for your efforts.

and acknowledge it. Now and I have been able to function on acetamol and other day.



## Helpful Thinking

Our thoughts and beliefs about pain trigger feelings that our bodies respond to. In this way, our thoughts have a real impact on our body. Understanding our thought processes is a powerful tool for managing pain effectively.



When we are under threat, alarm systems happen in response to an injury or illness, for example, a sprained ankle. In "Chronic" or "Persistent" pain, the physical hurt continues, even after the initial injury or illness has healed. Sometimes, it starts without a clear reason. This pain is still real, even if the cause isn't obvious.





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## Where do I begin?

Pain can be confusing, but learning about it can help you better understand your pain.

*"The quality of the art is great and the messages very relevant. They are powerful and resonate with a lot of what we hear and what we want to convey."*

*– Pain Specialist*

While it might seem isolating, many individuals with chronic pain share these struggles. You are not alone.

...very angry about  
...couldn't do anything.  
...and it very frustrating.

