

What is chronic pain?

- Pain lasting more than 12 weeks.
- Can affect all ages and
- Any part of the body.
- Affects 1 in 5 of Scottish Population



Chronic pain can affect many aspects of life including:

- Sleep
- Relationships
- Ability to work
- Ability to engage with activities you previously enjoyed



There are self management tools which can help you continue your daily activities despite your pain.

What's in your pain toolkit?

- Doing more of the things you enjoy
- Keeping as active as you can
- Spending time with friends and family
- Improving Sleep
- Mood management
- Managing stress
- Pacing activities
- Medication alongside these to allow you to better manage your pain
- TENs machines and hot water bottles can help
- Apps such as mindspace
- Relaxation
- Music
- Kindness to yourself

