

## Blog 7

### **How can we help you sort the suffering of chronic pain?**

Those of us living day to day with chronic pain sometimes feel a sense of hopelessness and helplessness, perhaps feeling that life is over. Alternatively we might search for the right pill or treatment to fix us.

Feeling low comes with the territory of chronic pain. The relationship between depression and pain is very close indeed. Feeling pain is depressing as well as sometimes depression being the root cause of the pain for some of us. Either way the pain can increase even more than depressive feeling. It is known that those of us living with chronic pain are more likely to experience difficulties such as anxiety or mood swings and people with depression are more at risk than the average of developing pain symptoms.

These destructive processes are not a solution to the problem though. By developing healthy coping mechanisms we can move on into the solution which can result in a change of direction in the way we manage our lives. This is also a process however, a sort of journey into the unknown.

A course in The BodyMind Approach® can start you off and prepare you for this journey. To learn to work with the pain you need a guide to help you to feel safe and at ease with the process. By practicing new habits and testing yourself regularly via the action plan that you will be helped to design during the course you can learn to stick to a new routine of control day to day. The courses help you to learn as much as you can about your condition and what leads to successful outcomes so the day to day suffering is not so bad. The knowing is bodily based, you learn from the pain itself.

The facilitators on the courses are experienced health professionals who understand your condition and can help you to find your own solution to controlling the pain you experience.

We look forward to welcoming you to one of our groups or you can apply to one of the facilitators for individual sessions.