

# The Pain Toolkit



...is for people who live with persistent pain

A persistent pain problem can be difficult to understand and manage on an everyday basis.

The Pain Toolkit is a simple information booklet that could provide you with some handy tips and skills to support you along the way to manage your pain.

It is not meant to be the last word in pain self-management but a handy guide to help you get started - all you need to be is willing to read it and take on board some of the suggestions.

Good luck!

Pete Moore

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[www.paintoolkit.org](http://www.paintoolkit.org)

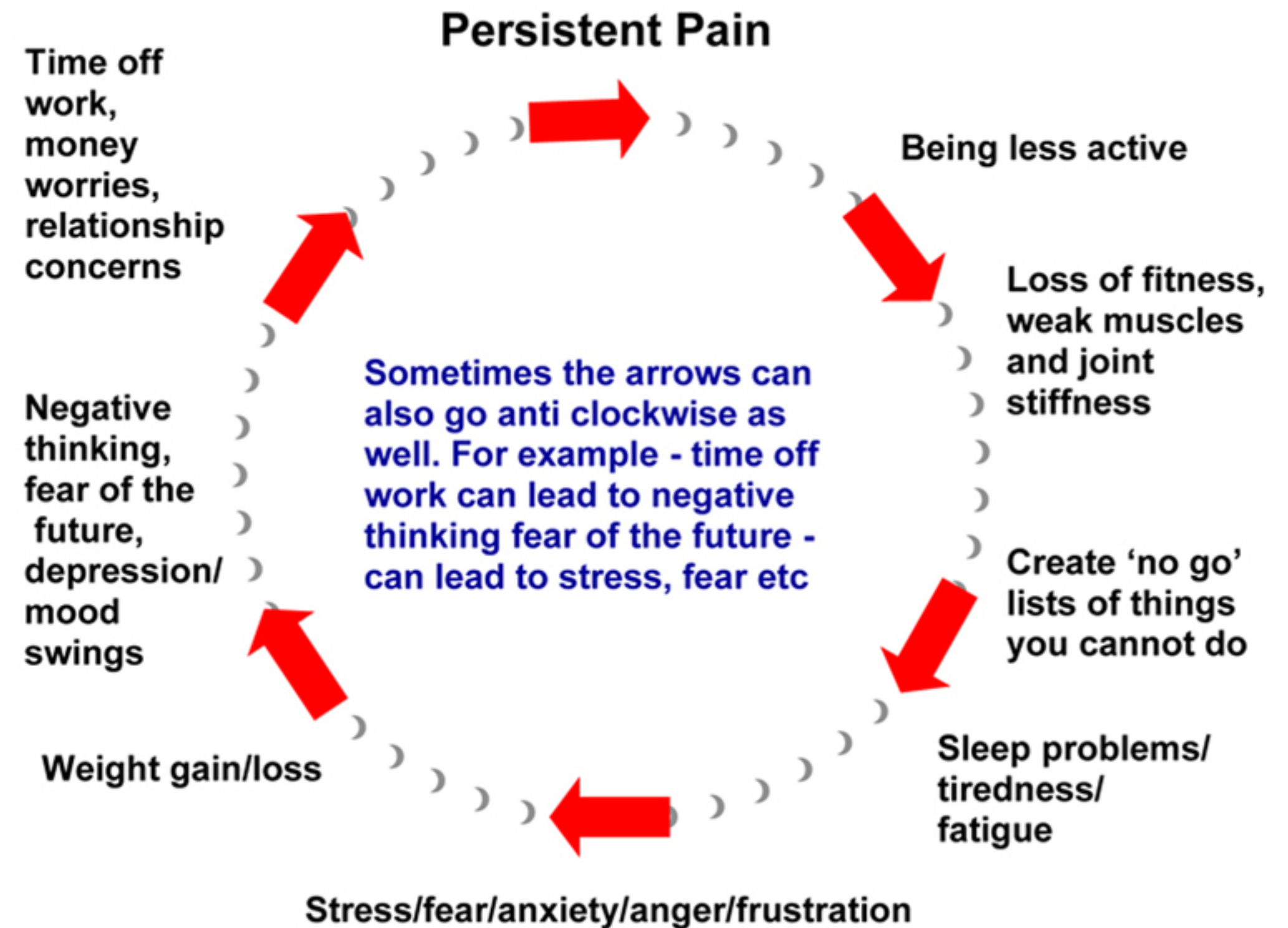
Pete Moore who has persistent pain, asthma and osteoarthritis, has put these tools together with the help of friends, family and health care professionals.

**These tools have helped many people with pain in the UK, Europe, Australia, New Zealand and now in British Columbia, Canada and I hope now, could also help you!**



- Tool 1** - Accept that you have persistent pain...and then begin to move on
- Tool 2** - Get involved - building a support team
- Tool 3** - Pacing
- Tool 4** - Learn to prioritise and plan out your days
- Tool 5** - Setting Goals/Action Plans
- Tool 6** - Being patient with yourself
- Tool 7** - Learn relaxation skills
- Tool 8** - Stretching & Exercise
- Tool 9** - Keep a diary and track your progress
- Tool 10** - Have a set-back plan
- Tool 11** - Team Work
- Tool 12** - is keeping it up... putting into daily practice the tools from 1-11.

## The Persistent Pain Cycle



### Do you feel trapped in a persistent pain cycle?

If so, ask yourself these three questions

1. Do you do **more** on good days and **less** on bad days?
2. Are you an over achiever – doing more than you have to?
3. Are you a people pleaser? Do you have a problem saying NO to others when you are asked to do things?

Could you see yourself in the persistent pain cycle and did you recognise yourself in the three questions above? If you did, then this Pain Toolkit could be for you, so please read on.

**Persistent pain (sometimes called chronic or long-term) is:-** Pain that continues for 3 months or more and may not respond to standard medical treatment. It can be disabling and frustrating for many people to manage. It can also affect relationships with family, friends and work colleagues.

Sometimes people with persistent pain are told by healthcare professionals after assessment:

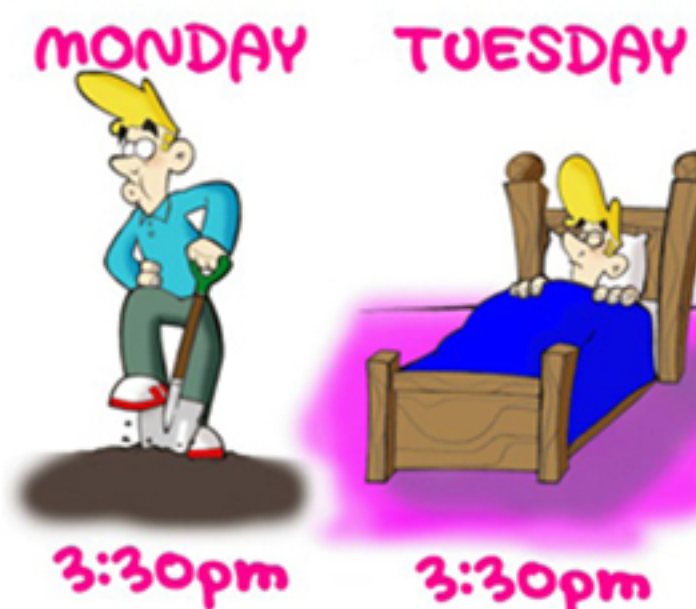
*“I am afraid you have a chronic or long-term pain problem. You will have to learn to live with it.”*



To date, your healthcare professionals may have done all that they can to help you and may have used many of the tools available in their toolkit. However there are so many things that you can do to help self-manage *your* pain with the support of your health care professional, family, friends and work colleagues. All you need is to be willing to ask for help.

### Have you become a ‘can’t do’ person?

A ‘**can’t do**’ person is someone who has tried to carry out or take part in everyday tasks such as going to work, doing the house work, gardening, playing a sport, taking holidays, going to the cinema, eating out or taking part in family activities but has stopped or given them up because of their pain. When this happens it is usual for your confidence levels to reduce.



Look familiar?

Is this ringing any bells? If you have reached this point you need to stop and take action.

By taking on board and practising the tools in the Pain Toolkit you could become a ‘**can do**’ person again but it could take time so please be patient with yourself.

## So is persistent pain a problem in Canada?



The short answer is yes, so you are not on your own.

Here are some alarming facts from the Canadian research site [www.statcan.gc.ca](http://www.statcan.gc.ca)

In 2008, an estimated 10% of males (1.4 million) and 15% of females (more than 2 million) aged 12 or older reported pain or discomfort that prevents activities.

### Why do I need to manage my pain? After all I see my health care professional and aren’t they supposed to do that for me?

Many people with persistent pain see their health care professional for treatment, help and support. But have you actually estimated just how many hours during the course of a year you spend with your health care professional?

It has been said that people with health conditions (including pain) may spend less than 3 hours a year on average in contact with a health care professional. For the remaining 8,733 hours of the year they are on their own. So the need to learn pain management skills and incorporate them in their everyday activities is very important.



So as you can see, the need to become more involved in your own pain self-management is both necessary and important. It is certainly not all up to your doctor or health care professional to manage your pain. You have to play a vital part as well - it is all about teamwork.

## Acceptance...is the key

By Heather Divine, my journey living with pain...  
(Heather lives in British Columbia)



Today, I live well with chronic persistent neuropathic pain. However, it was not always this way. I struggled for many, many years with fear, anger, grief and despair but fortunately, I never lost hope. Throughout my journey I experienced many trials and errors with medical procedures, medications, medical specialists. and varied alternative therapies to try to improve my persistent chronic pain.

Because of the severity of the pain, I lost everything. The pain seemed to be in control and I was terrified about my future As time went on I realized I had to make changes. I needed to make the best of what I had. *I needed a new plan....*

So, change I did. I changed how I planned my days and what activities I could include. Most importantly, I discovered how to add meaning and purpose and joy and laughter back into my life.



This was just the beginning for me, I became passionate about helping others learn to understand and manage their pain and improve the quality of their lives.

My many experiences have led me to a place where today, along with a board of directors, I have founded People in Pain Network (PIP Network). PIP Network is a non profit organization who's vision is to connect people and families to solutions to help them manage their persistent chronic pain.

We think we can help people who have lost their lives to pain. The Pain Toolkit is just the beginning.



Please visit us and say hello  
[www.pipain.com](http://www.pipain.com)

## Pete says...

*The Pain Toolkit promotes teamwork between the person with pain and the health care professional. So we have read Heathers journey and others who have used the Pain Toolkit, now lets hear from Dr Pam Squire who is an Assistant Clinical Professor at UBC and one of the pain doctors working in BC. Pam, what can readers of the Pain Toolkit expect to get from it?*



Dr Pam Squire

Everyone will get something different depending on how much effort they put into learning and practicing these tools and ideas.

So many patients try to just grin and bear it or worse give up. Most of the patient's I see are understandably focused on finding and stamping out the cause of their pain.

But over and over I see the patients who have pain we can't turn off or down enough, learn to use the skills in this booklet and you know, they tell me their pain is less and they are doing more.

What really excites me is that the more they use these tools the better they work! I wish I could say the same thing about medications and injections.

The ideas in this booklet are the same ones all the different pain specialists talk about at every national and international conference I attend. We know they help. Sometimes the best treatment of all is combining these tools with other prescription pain treatments.



Teamwork in action

I really hope that patients ask their health care professionals to help them work through these tools.

*Thank you Pam for introducing the Pain Toolkit. Your message and the problems you hear from patients are same ones I hear from many health care professionals and patients here in the UK, and overseas.*

*I think for many people who live with persistent pain they do as you say try to grin and bear it, perhaps also endlessly look or wait for a cure from their health care professional. It might sound harsh, but they may or will have a long wait. The main thing is to **get involved** and **get started** in pain self-management.*

Your next question may be **“Well, how can I become more involved and how do I get started?”**

Using different skills and tools can be helpful. It is like a motor mechanic who has many tools in his/her toolbox to repair and maintain cars. People with pain also need a selection of tools to help them successfully self-manage it.

You may not need to use all the tools suggested in the toolkit, but like any good motor mechanic it is best to have a variety of tools at the ready to use when and if they are needed.

Self-managing persistent pain is not as hard as you may think—so let’s get started and look at the first tool in your new pain self-management toolkit.

## The Pain Toolkit

### Tool 1 - Accept that you have persistent pain....and then begin to move on

Acceptance is the first and the most important tool in your pain self-management toolkit.



Acceptance is not about giving up but recognising that you need to take more control with regards to how you can better self-manage your pain.

Acceptance is also a bit like opening a door - a door that will open to allow you in to lots of self-managing opportunities. The key that you need to open this door is not as large as you think. All you have to do is to be willing to use it and try and do things differently.



### Tool 2 - Get involved - building a support team

Being successful in pain self-management means getting both help and support from others. Ask your health care professional, friends, family and work colleagues about working more together - becoming a team. Develop a pain self-management plan. Find out if there are other support groups in your community you could join which could provide you with more self-help management skills.

### Tool 3 - Pacing

Pacing daily activities is one of the key tools to self managing your pain. You need to begin to pace your work and also other everyday activities. Did you recognise yourself from the pain cycle? You tend to over do things, or rest too much and become inactive and lose fitness.



Pacing in short is: taking a break *before* you need it throughout the day. But how can you remember to pace yourself?

Remember the old saying...**“How do you eat an elephant?”**

Answer: **One bite at a time!** Pacing is carrying out activities one bite at a time, and not tackling all of them at once.



For examples of pacing daily activities see page 16.



## Tool 4 - Learn to prioritise and plan out your days

Prioritising and planning your days is an essential tool. Make a list of things you would like to do but remember to be flexible. It is a great way to set yourself a starting point.

### Examples:

- Monday a.m. - vacuum the living room and have a couple of breaks so that I pace myself
- Monday p.m.- prepare food for evening meal - sit down to do this
- Tuesday a.m. - go swimming - meet friend for a coffee/tea - practise some relaxation when I get home.
- Tuesday p.m. - I write an activity plan for the next day.

## Tool 5 - Setting Goals/Action Plans

You may sometimes want to run before you can walk as that old saying goes. So to avoid this happening set yourself simple, realistic goals or action plans. Just as you need goal posts when playing soccer, or a finishing line when racing - you need something to aim for.



Perhaps, you could set yourself a simple, hourly, daily or weekly action plan. Always ask for help from your health care professional if you are not sure. You can also learn more about setting goals and action planning when you attend a Self-Management Programme (SMP).

See page 20 for more information about attending an SMP.

## Tool 6 - Being patient with yourself

Take things steadily. It may take you a few weeks or months to see changes or improvements. When you start to feel good, you may want to catch up with activities that you may have let go of. Don't be tempted to over do it otherwise your chances of yet another set back could increase. A good saying is 'take things one day at a time'. And also....ask for help and support from others—its not a sign of weakness but a sign of strength!

## Tool 7 - Learn relaxation skills

Relaxation skills are very important for tense muscles in the body and for unwinding the mind.

Relaxation could be:

- Reading a book
- Listening to some music
- Gardening
- Meeting friends for a coffee/tea
- Going to the cinema or a restaurant
- Belly breathing (your health care professional could show you how to do this)
- Meditation
- Dancing
- Walking.



### Coping or self-managing?

Coping with persistent pain can be like playing a game of snakes and ladders - a game of luck. Being an over-achiever you can tend to do more on good days (climb the ladder) and on bad days, do less and return to bed. (This is like sliding down the snake). Self-managing is taking positive, planned action which can reduce the 'luck' element in pain self-management.

## Tool 8 - Stretching & Exercise



Many people with pain fear exercise in case it causes more problems. However this is not true. Regular stretching and exercising actually decreases pain and discomfort. It prepares the body for other activities. It can strengthen weak muscles and you will also feel better for it. Remember to start slowly and build up or increase your stretching and exercising. It is not as hard as you think.

If you are in pain, remember that unfit and under used muscles feel more pain than toned ones. Talk with your physiotherapist or fitness coach about an individually tailored stretching and exercise programme that you can work on steadily and safely. This will help you build your confidence, muscle and joint strength. Remember that swimming (or just walking up and down in the pool) is also a low impact exercise and is good for you if you have joint problems. There are 15 good reasons why exercise is good for you on page 17.

## Tool 9 - Keep a diary and track your progress

Keeping a diary of your progress will help you to see how far you have come and note the successes you have achieved. This will help you to build on success. But it is also handy to note what didn't work so you can learn from those experiences. We sometimes learn more from our errors and not from our successes.



Try to write down one piece of evidence each day to show yourself how you are positively self-managing your pain. Doing this has been shown to increase peoples confidence.

## Tool 10 - Have a set-back plan



Is it realistic to think you will never have a set-back?

The simple answer is NO! Developing a set-back plan is good pain self-management. Ask your healthcare provider if you need help

in making one if you are not sure. Make a note of what triggered your set-back and what helped. This could be useful information if and when you experience another.

There is an example of a set-back plan on page 17.

## Tool 11 - Team Work

Team work between you and your healthcare professional is vital. Imagine the Canadian Soccer team playing without a game plan.

Managing your pain is not a 'one way street' and it is unrealistic for your health care professional to totally solve it. You have an important part to play as well.

Together both you and your health care professional can set an action plan. This action plan could help you to both track your progress.

Action planning is taught when you attend a self-management programme.



## Tool 12 - is keeping it up...putting into daily practice the tools from 1-11.

You may be asking yourself do I have to put these tools into daily practice? **“What, every day”?** The simple answer is **Yes**. Just as the person with diabetes has to take their treatment/medication and maintain their diet daily, **your** treatment is planning/prioritising, pacing, setting weekly or long-term goals/action plans, relaxation, exercise, generally keeping active and being in charge of your pain. Keeping it up is difficult for many people but it’s not as hard as you think once you have set yourself a routine. Just like brushing your teeth, self-managing your pain will become a habit. Get others involved and make pain self-management fun.

**What three things have I learnt about managing my pain in the Pain Toolkit?**



1. ....

2. ....

3. ....



**What will I try?**

.....

.....

.....

## Examples of pacing your daily activities

### Ironing

As an alternative to doing a large amount in all one go, do smaller amounts frequently. Instead of doing the whole washing load of ironing at once, spread it over a period of days.

e.g. have two or three piles.

- ✓ an urgent pile
- ✓ a not so urgent pile, and...
- ✓ ‘I can do that at the end of the week’ pile.



### Shopping

Instead of doing one large weekly shop cut it down to a few trips to the shops per week. Divide your shopping into more bags, so that you are not lifting and carrying heavy bags. Remember to ask staff to help carry the shopping and put it in your car; remembering to get someone (family or a neighbour) at home to lift and carry your shopping into the home. Or consider Internet shopping, and then you just have to pack the items away once they have been delivered to your home.

These are just a couple of examples. There may be many other every day activities that you need to think through before you tackle them.



If you stop and think about what you intend to do **BEFORE** you do it, then there is less of a chance that you will have a set back and in turn increase your condition.

**Remember pacing is ‘taking a break before you need it’ and spreading out your activities.**

## Having a set-back plan

It is not realistic to think that you will never have a set-back ever again. Remember if you are an over achiever; it is easy to forget to pace yourself and in turn you may experience a set-back.

So the first thing not to do is panic, but many people do. It is best to have a set-back plan ready if one occurs.

Set backs are usually caused by doing too much – overdoing it, pressure from others, or just forgetting you have a pain problem. Don't get annoyed with yourself, it is common to occasionally have set-backs.

**If you are not sure how to prepare a set-back plan ask your GP or health care professional for help.**

## Prioritise your responsibilities.

Pace yourself. Break up tasks into smaller portions. Rest in between. Reduce your activities until the set-back settles. Be kind to yourself. Say 'NO' to any unnecessary demands put upon you until you are feeling healthier. And..... don't be too proud or scared to ASK for help!

## Taking your medication

Follow or ask the advice of your GP or Pharmacist about medication and when you need to take it. If you have to take regular medication think of ways to remind you to take it. Many people just simply forget. Use post it notes, a timer or get someone to remind you.



*Don't forget to stretch before and after most physical activities to avoid a set-back!*

Please remember that taking medication if you have musculoskeletal pain (back, leg, arm, neck etc) may mask the pain and encourage you to do more.

## For musculoskeletal pain (back, leg, arm, neck etc)

Apply heat and/or ice in a way that makes you most comfortable. To relieve initial pain, you could apply ice packs wrapped in damp towels for 5 minutes every hour for the first one or two days. Always make sure you have a cloth of some type between your skin and the ice, to prevent burning the skin and causing an ice burn. It is not recommended that you lie on an ice pack. (People with rheumatic problems may prefer to use heat rather than ice). *Again, if you are not sure, seek advice from your GP or health care professional.*

## Take it easy.

Briefly cutback on normal activities, lie down for a short while and relax but not for too long. Bed rest weakens muscle strength rapidly, you lose about 1% of total muscle strength a day if you become inactive - remember keeping active and mobile can actually speed your recovery.

## Try to start moving gently

Remember to pace yourself. Begin gentle stretching and movement as soon as possible to regain normal suppleness. Keeping active may seem alien to you, but in pain self-management terms, learning to live with a persistent pain is a skill to be learned. Don't be put off – it does work!



## Relaxation.

Using relaxation is another good way of managing a set-back. Also accept the situation and that you are experiencing a set-back, and just as it came, it will go.



## 15 reasons why stretching and exercising (don't forget swimming) is good for you

- ✓ Helps to improve and maintain good overall health
- ✓ Increases strong cardiovascular system – heart lungs and blood vessels
- ✓ Increases muscle strength
- ✓ Improves flexibility
- ✓ Increases endurance and stamina
- ✓ Increases natural pain killers (called endorphins) in the bodies nervous system which help control pain.
- ✓ Helps with weight control
- ✓ Helps to improve quality of sleep
- ✓ Helps balance and co-ordination
- ✓ Reduces fatigue and increases energy
- ✓ Reduces muscular tension, stress and depression
- ✓ Helps combat depression and anxiety
- ✓ Helps maintain a positive outlook
- ✓ Helps to prevent constipation
- ✓ Can be sociable



Pete walking across Essex way (133km) in 2006. Took 10 mths. Why? Because he paced himself

## Making changes and becoming active

Pete says... *"I was frightened when told I had to get more active. For me, this meant increased pain, but what I discovered was that my pain levels actually dropped and began to feel more confident. Because I learned how to pace (taking a break before I needed to) myself; getting active didn't mean more pain, but actually less."*

### Walking for health

Walking is a good for health problems and it's free. British Columbia have an excellent scheme called **WalkBC** go to [walkbc.ca/links](http://walkbc.ca/links) and find out where you local contact is.

### Exercise programmes

Sometimes it can seem like there are as many exercise programmes as there are different makes of cars on the road. Here are a few common ones.

- \* Yoga
- \* Tai Chi
- \* Pilates  
(pronounced pih-law-teez)

Please make sure that your teacher is qualified and experienced in teaching people with persistent pain.

You should be encouraged to exercise at a pace that feels right for you.

### Body care:

Looking after your whole body is very important, so please think about: -

- \* Eating healthy food
- \* Sleep – sleeping only at night and avoiding cat naps during the day
- \* Hygiene – washing and grooming your body daily.

Looking after your body is very important and so it is vital that you look at what you put into it, that you get enough of the healthier types of food and the right amount of sleep and you also keep yourself clean.

### Drinking water

Water is essential for a healthy life so drinking plenty of water is important for everyone. It's even more important if you are taking part in physical exercise, so make sure you keep properly hydrated before, during and after exercising.

## Feedback from people who have used the Pain Toolkit

### Pacing

*Pacing for me is balancing activity and rest; not only physical activity but mental and emotional activity as well. I schedule 'rest periods' during each day as well as planning 'rest days' between appointment and/or visit days. L.S. from North Vancouver*

### Working with my health care professional

*My Physio gave me the Pain Toolkit on my first appointment. He asked me to take it home, read it and show it to my family. I then had to think about which tools could help me and circle three of them. When I went back for the 2nd appointment he said he would work with me on them. After I became more confident with those three, I then had to choose another three. So nice to be involved in managing my pain. T.F.*



### Persistent Pain Cycle

*As soon as I saw the Persistent Pain Cycle, I recognised myself straight away and could see why I was so stuck. I printed off the Toolkit and gave it to my doctor. He loved it as well. Thank you toolkit. S.B*

### Action Planning

*Action Plans taught me to set simple goals, "SMART" goals - which are small, manageable, achievable, realistic, and time limited. When I set a goal in this way I find I am always able to accomplish it. And each time I accomplish it I feel wonderful and ready for the next!*

L.S. from North Vancouver



## Useful resources and choices to help you self-manage



Self-management programmes (SMP's) Often called Chronic Disease Self-Management Program (CDSMP) are run in the community by highly trained tutors who also have persistent health conditions themselves but have learned to become good self-managers. SMP's are run throughout British Columbia by University of Victoria, Department of Aging [www.coag.uvic.ca/community.htm](http://www.coag.uvic.ca/community.htm) (click self-management programs)

They also have an On-line courses in case you cannot attend a community based course and information about them can be found at [www.selfmanage.org/onlinebc](http://www.selfmanage.org/onlinebc) or email [bc@selfmanage.org](mailto:bc@selfmanage.org)

### Multidisciplinary pain clinics

These types of Pain Management Programs are run by health care professionals specialising in supporting patients to manage their pain. These are not the same as a Self-Management Program. In BC they are run by the major pain clinics. Your GP can refer you. Please go to the PainBC website, ([www.painbc.ca](http://www.painbc.ca)) download the Pain Toolbox document and look under pain clinics

Remember PMP's and SMP's can provide you with many self-management tools, but you have to do the work.

### Utilising Community Resources

Your local library or community centre is a good starting point as they hold useful information (access to the internet, books, DVD's CD's ) about other local health and community initiatives.

More information on pages 22, 23 & 24.

## Using the Internet

*I found the Healthtalkonline site very useful. It gave me the opportunity to hear, see and read about how others live with their pain. I now know I'm not on my own.*

H.D. British Columbia

*There seem to be a lot of websites that wanted to tell me that if I took this or did that, my pain would disappear. I now tend to only educational, or non profit sites*

T.F.

### More about Pete Moore & Dr Frances Cole co- authors of the Pain Toolkit and *the motivational bit....*

Pete lives in Essex (UK) and is a keen promoter of self-management and other health conditions. Pete has written several pain self-management programmes and books. He is often asked to provide educational workshops for health care professionals and patient groups in the UK, Europe and Australia.



Pete Moore

#### Pete is a member of the:

- ◆ British Pain Society
- ◆ International Association Study of Pain (IASP)
- ◆ American Chronic Pain Association
- ◆ Australian Pain Management Association

**Pete says** *“Self-managing a health problem is not as hard as you think and the best way to approach it is by taking small steps. Always ask for help and support from your health care professional, family, friends and work colleagues. In time you will become more confident and in control”.*



Dr Frances Cole

**Dr Frances Cole is a GP and Pain Rehabilitation Specialist and Cognitive Behavioural Therapist in West Yorkshire UK.**

**She is a member of the British Pain Society and co-author of the self help guide “Overcoming Chronic Pain”.**

## More useful information to help you self-manage your pain



*On the next three pages is a mixture of titles of books, links to web sites, including You Tube and organisations your pain self-management journey. Discuss with your health care professional and friends which ones to look at if you are unsure.*

*A big part of self-management is about discovery, finding out information, trying it out and see what works for you.*

### You Tube *(type in titles on You Tube site)*

- ✓ **Understanding Pain - What to do about it in 5 minutes**
- ✓ Excellent short You Tube film from Australia.
- ✓ **Self-management support in chronic illness - a 30 years success story**
- ✓ **Audio Explain Pain Clip**
- ✓ **Pain Management 3**
- ✓ **Mindfulness Meditation for Pain Relief, Reclaiming Your Body and Your Life by Jon Kabat-Zinn.**

### Books *(use a search engine to find more or go to library)*

- ✓ **The Pain Chronicles:** by Melanie Thurnstrom
- ✓ **Manage your pain before it manages you** Margaret A. Caudill
- ✓ **Inside Chronic Pain: An Intimate and Critical Account** by Lous Heshusius. (A Canadian author)
- ✓ **Pain: The Fifth Vital Sign** by Marni Jackson
- ✓ **My Imaginary Illness: A Journey Into Uncertainty and Prejudice in Medical Diagnosis** by Chloe Atkins
- ✓ **Painful Yarns:** by Dr. Lorimer Moseley
- ✓ **Explain Pain:** By David Butler and Dr. Lorimer Moseley
- ✓ **Pain Speaking:** books by Jackie Gardner-Nix.
- ✓ **Positive Coping with Health Conditions: A Self-Care Workbook** (Dan Bilsker)

## General useful websites

- ✓ PainBC-our provincial website for all pain matters and for an extensive list of resources look at the PainToolbox under healthcare resources [www.painbc.ca/](http://www.painbc.ca/)
- ✓ BC Coalition of People with Disabilities' Advocacy Access Program. [www.bccpd.bc.ca/contactus.htm](http://www.bccpd.bc.ca/contactus.htm)
- ✓ Here-to-Help is a project of the BC Partners for Mental Health and Addictions Information [www.heretohelp.bc.ca/about](http://www.heretohelp.bc.ca/about)
- ✓ Patient Voices Network [www.patientvoices.ca](http://www.patientvoices.ca)
- ✓ SEEDS. An Employment Insurance (EI)-based funding program for starting up a business. [www.seedsbdc.com](http://www.seedsbdc.com)
- ✓ BBC documentary on pain. Search this website for "The Secret Life of Pain" <http://topdocumentaryfilms.com/>
- ✓ A Sleep Diary <http://sleep.buffalo.edu/sleepdiary.pdf>
- ✓ Stop smoking—quit by phone [www.health.gov.bc.ca/tobacco/cessation.html](http://www.health.gov.bc.ca/tobacco/cessation.html)
- ✓ Sleeping problems—a course on everything you need to know to sleep well. <http://www.cbtforinsomnia.com/>
- ✓ Disability Resources Guide for BC. 1- (604)-437-7780 (not a web site, but organisation to support with resources)
- ✓ Life is now. Information on what causes chronic pain and how to start moving again <http://www.lifeisnow.ca/>
- ✓ Healthy Eating Harvest box program. <http://harvestbox.com/index.html>



Pete says

*Type in pain to a search engine and around 717,000,000 results will come up. Most will try and sell you something etc. Always discuss with your doctor or health care professional if you are going to try something. Remember, successful pain self-management is team work.*

## Useful websites for information and support

- Canadian Pain Society [www.canadianpainsociety.ca](http://www.canadianpainsociety.ca)
- Arthritis Society [www.arthritis.ca](http://www.arthritis.ca)
- Canadian Pain Coalition [www.canadianpaincoalition.ca](http://www.canadianpaincoalition.ca)
- Chronic Pain Association of Canada [www.chronicpaincanada.com](http://www.chronicpaincanada.com)
- Canadian Institute for the Relief of Pain and Disability (CIRPD) [www.cirpd.org](http://www.cirpd.org)
- Depression [www.cmha.bc.ca/bounceback](http://www.cmha.bc.ca/bounceback)
- Healthtalkonline [www.healthtalkonline.org](http://www.healthtalkonline.org)
- Migraine Awareness Group [www.migraines.org](http://www.migraines.org)
- Mindfulness, Meditation & Yoga [www.mindful-living.ca](http://www.mindful-living.ca)
- Multiple Sclerosis Society of Canada [www.mssociety.ca](http://www.mssociety.ca)
- National ME/FM Action Network [www.mefmaction.net](http://www.mefmaction.net)
- National Multiple Sclerosis Society [www.nationalmssociety.org](http://www.nationalmssociety.org)
- National Fibromyalgia Partnership [www.fmpartnership.org](http://www.fmpartnership.org)
- Pain Resource Centre <http://prc.canadianpaincoalition.ca>
- National Sleep Foundation [www.sleepfoundation.org](http://www.sleepfoundation.org)
- Online Cognitive Behavioural Therapy from Australia. <http://moodgym.anu.edu.au/welcome>
- Patient Voices [www.patientvoices.ca](http://www.patientvoices.ca)
- People in Pain Network (PIP) [www.pipain.com](http://www.pipain.com)
- Promoting Awareness of RSD and CRPS in Canada (PARC) [www.rsdcanada.org](http://www.rsdcanada.org)
- Pelvic Pain (National Vulvodynia Association) [www.nva.org](http://www.nva.org)
- Rheumatoid Arthritis [www.arthritis.ca](http://www.arthritis.ca)
- Trigeminal Neuralgia Association of Canada [www.tnac.org](http://www.tnac.org)
- American Chronic Pain Association [www.theacpa.org](http://www.theacpa.org)



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