

Acceptance

FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



Acceptance is a long-term process with persistent pain. Greater acceptance of persistent pain is associated with fewer pain related difficulties.



[The Pain Toolkit Website - Acceptance](#)



[A Persistent Pain 'Acceptance' Conundrum](#)



[Tamar Pincus Pain and Me YouTube Video](#)



[Resources on Acceptance & Commitment Therapy](#)



[A Patients Thoughts on Acceptance](#)

Understand
your
condition

FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



Increase your knowledge about persistent pain and pain self management through the web-links below or books from the library.



[Tame the Beast Website](#)



[Arthritis - Versus Arthritis Website](#)



[Understanding Pain In Less Than 5 Minutes Video](#)



[Fibromyalgia - Fibromyalgia Action UK](#)



[Flippin Pain Website](#)



[CRPS Burning Nights](#)



[Pain Concern Website](#)



[Sciatica – Living Well With Pain Blog](#)



[The Pain Toolkit Website](#)



[Sheffield Aches & Pain Website](#)



[My Live Well With Pain](#)



[Reconnect 2 Life Interactive Programme](#)

FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)

Get involved
&
Re-connect
to life



Find local support groups (e.g. Pain Association Scotland).
Take up new hobbies. Learn about the 5 Ways to Wellbeing and try to live to them as often as possible.



Tamar Pincus Pain and Me YouTube Video



On Your Doorstep Fife Website



Pain Association Scotland Website



Fife Voluntary Action Website



5 Ways to Wellbeing



Open University Website

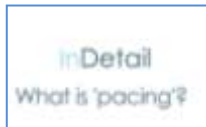


FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



Look at what you are doing in a day, begin to prioritise, plan and pace yourself throughout the week. Try to space out your activities through the day & across the week.



[What Is Pacing YouTube Video](#)



[My Live Well With Pain Pacing Leaflet](#)



[The Pain Toolkit Website - Pacing](#)



[The Spoon Theory PDF](#)

FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



Exercise



Keep active & moving. Start a gentle home exercise routine using the links below or investigate suitable classes with [Fife Sports & Leisure trust](#)



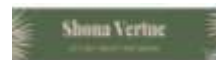
23 ½ hours YouTube Video



Yoga - Adrienne Mishler YouTube videos



NHS Inform - Exercise Webpage



Yoga - Shona Vertue YouTube videos



NHS Choices - Exercise Webpage



Cara Kircher Gentle chair/yoga/tai chi exercise YouTube videos



Versus Arthritis Exercises to Manage Pain



NHS - Chair Pilates Webpage



Don Fiore Tai Chi/qi Gong YouTube videos



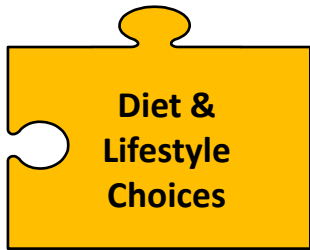
Pilates for pain management YouTube Video



Suman Barkhas Chair Tai Chi YouTube videos



Super 6 Balance Exercises



FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



Aim for a balanced diet, healthy weight and good hydration to help manage your pain. Avoid excess caffeine, alcohol and other stimulants. Learn about health and wellbeing.



[NHS – The EatWell Guide](#)



[NHS – Quit Smoking Guide](#)



[NHS – Weight Loss Plan](#)



[British Lung Foundation – How To Stop Smoking Guide](#)



[Dr Chatterjee Website](#)

Unhelpful
Thinking
/ Emotions

FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)

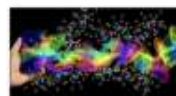


Keep a diary, reflect on whether your emotions can affect your pain.
Understand how stress & anxiety affect your pain.



[Moodcafé Website](#)

Sams Cafe



[Sam's Café Website](#)



[Access Therapies Fife Website](#)



[Mental Health Information Website](#)



[Breathing Space Website](#)



[Headspace Website](#)



[Live Life to the Full Website](#)



[Managing Anxiety videos YouTube Clinical Psychologist Playlist](#)



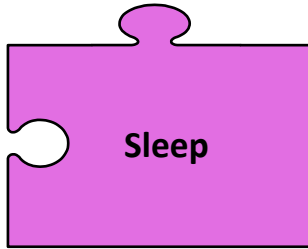
[Mindfulness Scotland Website](#)



[Fife Book Prescription Scheme](#)

FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



Learn about the importance of sleep and how to get more of it using the links below. Remember Pain can cause poor sleep & poor sleep can worsen pain.



[Sleep Council Website](#)



[Mind Website - Coping with Sleep Problems](#)



[My Live Well With Pain – Sleep Leaflet](#)



[NHS Inform – How to Get Sleep Webpage](#)



[Sleepio – Self Help Sleep Improvement Programme](#)



[Dr Chatterjee – Sleep YouTube Videos](#)



FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



Try different methods of relaxation or meditations.
Build it in to your daily routine and set time aside each day.



Moodcafe Website



Simply Being



Breathworks Mindfulness Website



Mindfulness Website



The Pain Toolkit Website - Relaxation



Relaxation videos YouTube Clinical Psychologist Playlist

**Setting Goals
Important
To You**

FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



Be kind to yourself, small steps.
Check out the links below and set SMART goals that are Important to YOU!



Values Vs Goals YouTube Video



Action Planning & Goal Setting



My Live Well With Pain Goal Setting Leaflet



12 Quick Tips for Setting Goals With Chronic Pain



The Pain Toolkit Website – Setting Goals



How To Achieve Your Goals When You Have Chronic Pain

FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



Increase your understanding about your medication(s).
Work with your GP /Pharmacist/Specialist to make sure it is safe and effective.



Brainman stops his Opioids



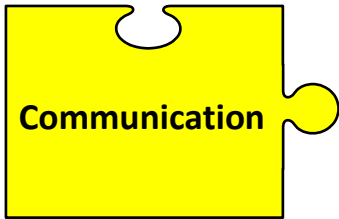
[NHS Fife Pain Management Website Medication Page](#)



[10 Opioid Safety Measures PDF](#)



[Driving & Pain Medications](#)



FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)

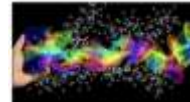


It's important to talk, catch up with friends & family, and keep them up to date with how you feel, and how your pain is affecting you.



Torbay and South Devon
Communication and Pain 1 PDF

Sams Cafe



Sam's Café Website



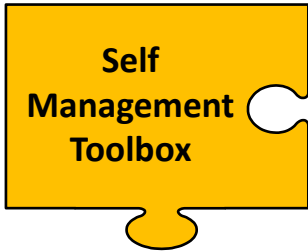
Torbay and South Devon
Communication and Pain 2 PDF



Communication with Chronic Pain



Breathing Space Website



FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



Try heat/cold packs, patches or gels, TENS, cushions etc that may help with your pain. Use them regularly & don't wait for your pain to prompt you.



[Heat and Cold Treatment for pain](#)



[TENS Booklet](#)



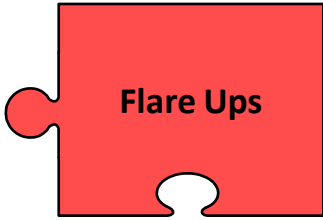
[NHS Tayside - How to Use TENS Video](#)



[Get Self Help Website](#)

FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



When you have a bad day or a bad spell, have a plan for how to deal with it. Cut back on your daily activities, but keep moving & don't take to your bed.



[The Pain Toolkit Website - Setbacks](#)



[Persistent Pain Flares Website](#)



[Plan for Flare Ups Website](#)



[Guide to Set Back Plans](#)