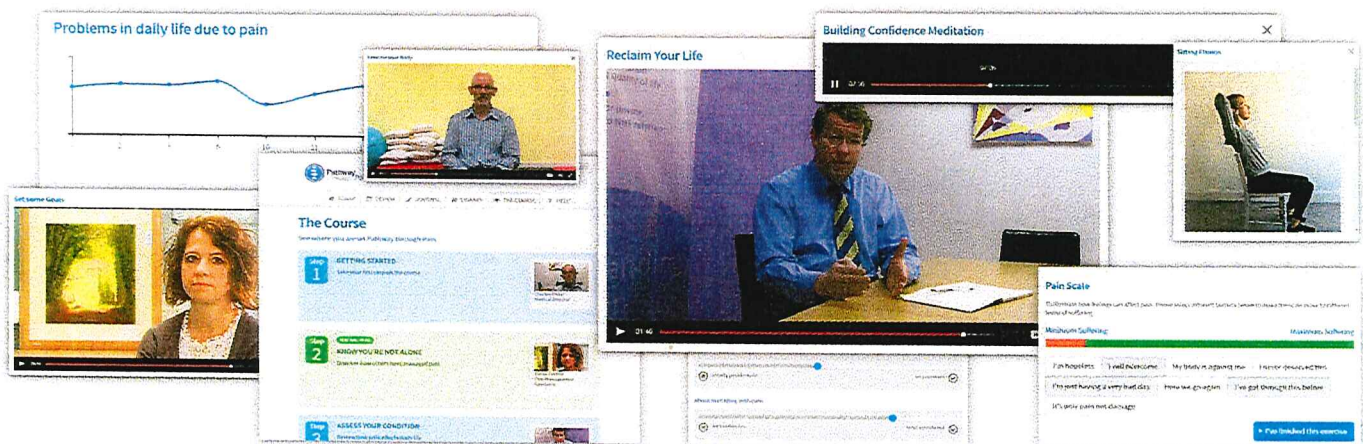


An online course for anyone suffering with chronic or long-term pain.



This online course guides you through a set of pain management techniques that help to reduce the impact of pain on daily life.

- Follow the online course at your own pace.
- Understand your pain and fear it less.
- Explore relaxation and mindfulness techniques to reduce pain.
- Improve your body condition with simply stretching exercises.
- Set some goals and work towards them in a measured way.
- Re-examine your thoughts about pain and the situations they occur in.
- Improve your approach to pain recovery activities, such as sleep.
- Measure your progress and see what's working for you
- Funded for Angus Residents by Angus Health & Social Care Partnership

For further information, or to book a place on this course, please phone 01307 474889 or email achppatientcourses.tayside@nhs.net