

Janet – I have now accepted that pain is part of me, but I am in charge of it and every day I focus on keeping it as far in the background as possible.

Mike – The support of close friends and or family, which is enhanced if you let them know, rather than them have to ask.

Anon - Easy access to GP services, who understand chronic pain patients needs. Sometimes it is all too easy to rely on medication only.

Anon – Painkillers – which don't do anything!

Anon – A slow walk as far as I feel, just me, the dog and a book on the IPOD

Dylan – “Keep smiling, because if you don't you will start crying and go into a big hole”
& my cats!

Louise – Try to keep your mind and body occupied, to take your mind off the pain.

Karen – Take each day as it comes and don't worry what tomorrow will be like, as you will panic

Anon – I now find it really helpful to listen to “soothing” music. I have recently discovered a classical violinist from Holland who gives the most wonderful concerts all over the world – the music is not always strictly classical and can lift me from my humdrum day normally dominated by my pain. (Andre Riev is his name)

Jessie –

1. A machine called Acticaire, 10 times stronger than a Tens machine, no longer available privately but can be sought in hospital.

2. These days my constant help is providing myself with a cushion wherever I am – I use it in the car when driving and it's in a discrete bag with handles which can also contain other small needs.

Jim – Alcohol, sex, massage & humour.

Adam – Acupuncture helps and massage.
Someone to lend a helping hand and ear.
Finding some posture to ease the pain along
with ibuprofen. Heat, hot bath helps. Heat
relieving patches like the Korean ones.

Ken - If my pain is constant, I find looking
into a mirror and talking to myself saying why
the devil am I like this, then laugh at myself
as I am not getting any response – this does
help.

**My dog helps me and by knowing that he
needs me.**

**If pain gets too bad Lee Evans makes me
laugh.**

**Diversion- painting, watching movie, playing
with the cat, listening to music, hydrotherapy**

Rest/No movement