

# Self-Management for Chronic Pain and Wellbeing - A course for Veterans

## What the course involves :

This 5-week course starting Monday 2nd October (5 x 2hrs) will be delivered online via Zoom for Veterans and will look at important topics in pain management, including:

- Understanding pain
- Improving sleep
- Pacing & finding balance in life
- Stress awareness & management
- Relaxation & grounding techniques
- Anxiety & problem solving
- Adapting to change/ Acceptance
- Baselines- a way to be more active despite pain
- Goal setting – to achieve important things in life
- Understanding trauma & the window of tolerance
- Dealing with other people

The times and dates for the course are :

- Monday 2nd October 10.30am - 12.30pm
- Monday 9th October 10.30am - 12.30pm
- Monday 16th October 10.30am - 12.30pm
- Monday 23rd October 10.30am - 12.30pm
- Monday 30th October 10.30am - 12.30pm

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