

Patient information

Chronic Pain Self-Management

Helping others to understand chronic pain

It can be hard to explain to other people what it is like to have chronic pain. As a result of this, many people find that their family life and friendships suffer.

- You may feel that you have to cope alone
- Family or friends may ignore your pain or get fed up with hearing about it
- You may think that other people don't believe you have pain
- Families may tell you what you should or should not do
- Sometimes families become over protective and try and do everything for you.

All these situations can be very frustrating – for you and for your family and friends. It is easy for a vicious circle to develop, making things even worse.

You may find the following helpful:

- Explain your feelings clearly and calmly. Don't expect people to be mind-readers – they are not usually very good at it.
- Prepare your conversation in advance – practice.
- Take time to explain things, your family may be confused if you suddenly start doing things differently.
- Ask your family/friends to help.

There are many helpful resources and information to be found within this booklet to support you and your family and friends.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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