

# FOCUS ON YOUR LIFE WHILST NOTICING PAIN

Whether you want to better manage the pain you experience, be less bothered by negative emotions, cope better with pain related anxiety and low mood or simply learn to feel calmer and more positive. This may be the course for you.

**The course is running 7pm to 8pm from Monday 8<sup>th</sup> February for six weeks:**

8<sup>th</sup> February, 15<sup>th</sup> February, 22<sup>nd</sup> February, 1<sup>st</sup> March, 8<sup>th</sup> March & 15<sup>th</sup> March

## What is on offer?

Northamptonshire CCG AND Ridge Pharma have collaborated with SMART Wellbeing to provide a 6-week live online webinar course to help people struggling with enduring pain to better manage their symptoms and to live happier more meaningful lives.



You will learn a range of mindful acceptance-based skills that will enable you to live well, begin to safely reduce pain medication and to benefit from learning from each other as well from Dr Mike Scanlan who is leading our course

**Research shows that mindfulness and acceptance-based strategies can:**

- help with feelings of depression and anxiety linked to living with pain
- Improve memory and attention
- Manage pain more effectively
- Boost your immune system as well as many other benefits.

## What do I need?

There is no cost, you will remain completely anonymous and all you need is an email address, an internet connection and one of the following: Tablet, PC, Laptop or Smartphone. The Live webinar sessions are recorded so you can access them at your own convenience. Each session is no longer than 1 hour.

**If you want to know more or wish to opt in please email [suzy.dion@nhs.net](mailto:suzy.dion@nhs.net) with your name, email address, contact telephone number and your GP surgery to allow follow-up after attendance.**

**Northamptonshire CCG have commissioned Smart Wellbeing to provide this webinar.**

Thank you to Ridge Pharma for providing the educational grant for this programme of webinars