



# Pain Management Relaxation Groups

## What are the Pain Management Relaxation Groups?

These are weekly one hour sessions held in Colchester and Clacton that run for five weeks that show you different techniques to help you to relax as part of your Pain Management tool kit. The sessions are run by a nurse.

## How will it benefit me?

Chronic pain is a huge stressor in life, by using relaxation techniques you can help manage this stress without further medication. Tense muscles feel more pain, so if we can help reduce this tension it can help with your sense of well-being and help your mood.

## What are the risks?

There are no known risks in attending these groups.

## What is involved?

You will not need any special equipment or clothing, just yourself and you are welcome to bring a guest with you (please mention this when booking).

We appreciate that when you have pain sitting for long periods can be aggravating so please be assured that you can move around as much as you need to during the group. Whilst active participation is encouraged if you prefer to remain quiet that is fine too.

Through the course we look at keeping yourself active, sleep and basic pacing. At the end of the 6 weeks you will be given a CD to help support your continued practise at home.