



You no longer have to suffer persistent pain alone. The Turning Pain Into Gain program is here to support you with **NEW WAYS** of managing persistent pain and living a full life!

Looking ahead: **LAST Module** - Module 6

Taking Control of Your Pain

- Accepting pain and strengthening your emotional well being.
- How to manage depression and anxiety caused by pain.

IMPORTANT Even though this is the last topic in the Turning Pain into Gain Series. The program Care Co-Ordinator will be still available to review you and will work individually with you to continue to support you in your pain management plan.

Revision of Module 5: Lifestyle Redesign: Sleep and Pain

In this topic we learnt about just how busy sleep really is (i.e. all the brain activity that goes on when we sleep) and how it changes as we age. Many of you agreed that sleeping difficulties can make you feel like you are constantly “chasing your tail”, whereby painful conditions affect sleep and a lack of sleep affects pain!! Furthermore, sleeping difficulties can also affect our mood, emotional ability to cope on less comfortable days, contribute to weight gain and make other conditions you may have more difficult to manage. Whilst it all sounds like doom and gloom, we also found out that sleep habits can be improved.

Some helpful strategies are as follows:

- ✓ Limiting day time nap times to 20-45 mins
- ✓ Reducing caffeine and tea in take after 2pm
- ✓ Staying active so that you are expending correct amounts of energy
- ✓ Getting sufficient sunlight each day
- ✓ Having a good bedtime routine
- ✓ Sleeping in a cool room
- ✓ Getting up at the same time each day
- ✓ Avoid reading in bed. Your bed is for sleeping.
- ✓ Avoid using ipads, iphones or lap tops in bed. They emit blue light which can tell the brain that it is daytime rather than night time.
- ✓ Reducing sleeping tablets gradually if weaning off to avoid “rebound insomnia” – as guided by your GP
- ✓ Proactively discussing your sleep difficulties with your GP and finding the cause rather than just treating indefinitely with sleeping tablets. For example, remembering that conditions such as Obstructive Sleep Apnoea is common amongst chronic pain sufferers.



If you have suffered sleeping difficulties, then it is important that not just one strategy is tried independently. It will take you employing most if not all of these strategies initially to get the habit and routine back again.

Having prolonged sleep difficulties can contribute to other chronic conditions and addressing it early may mean that sleep difficulties can be reversible. Discuss with your GP or clinical facilitator if you need help.

Jac's Recipe

Jac's Breakfast Shake

- 1 table spoon of protein powder (optional)
- 1 tblsp of rolled oats
- 1 tblsp of LSA meal
- 200g berry Valia yoghurt
- 300g vanilla soy milk (or any milk of your choice)
- 1 frozen banana
- 1 tsp of nutmeg or cinnamon (optional)

*Blend until smooth *Serve immediately

Jac is a pain program participant from the Primary Health Network Persistent Pain Program who would like to share these recipes with you all!

Jac's Shake TIPS!!

If you have any bananas that are turning too ripe pop them in the freezer and every morning have one in your shake, it tastes great and has the same consistency as ice-cream !!

Don't like Green tea but want the benefit? Make green tea and freeze into ice cubes and add to your smoothie !

Choose this year to take your *OBSTACLES* by the horn and turn them into **OPPORTUNITIES!**

If you have tried and failed.....**TRY AGAIN!** For unless you try again, you do not give yourself a

chance to *succeed!!*