

Living Well Workshop



How to live with Chronic Pain.

The Living Healthy with Chronic Pain Self-Management Program is a free six-week program developed to help people with primary or secondary diagnoses of chronic pain lead healthier, more satisfying lives. The class teaches techniques to help cope with frustration, fatigue, isolation, and poor sleep. In addition, participants learn exercises that promote flexibility, strength, endurance — and more. Each class meets for 2½ hours per week for six weeks under the guidance of two certified lay leaders, at least one of whom has chronic pain themselves.

What is Chronic Pain?

Chronic, or long-term, pain lasts for more than 3-6 months or beyond the time it normally takes to heal. Examples include chronic musculo-skeletal pain, fibromyalgia, trigeminal chronic neuralgia, and chronic pelvic pain.

Participants will learn:

- ◆ Manage pain and symptoms
- ◆ Handle difficult emotions
- ◆ Problem-solve effectively
- ◆ Work with a healthcare team
- ◆ Use medications as directed
- ◆ Set weekly goals

Benefits of the class

Studies have found that people who have participated in the pain management workshop have more energy, less pain, less dependence on others, improved mental health, improved communication with physicians, better health literacy and medication compliance, and more involvement in everyday activities. The program has also been shown to reduce doctor's and emergency room visits and medical costs.

Over for more information

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Topics covered during this six-week program:

- ◆ Tools and techniques for pain management
- ◆ Techniques to deal with frustration, fatigue, isolation, and poor sleep
- ◆ Exercises for maintaining and improving strength, endurance, and flexibility
- ◆ Appropriate use of medications
- ◆ Effective communication with friends, family, and health professionals
- ◆ Nutrition
- ◆ How to balance activity and rest
- ◆ How to evaluate new treatments

In-home option also available!

Chronic Pain Self-Management “Toolkit” sessions...

- ◆ Are led by one certified facilitator and held via the telephone with groups of no more 6 individuals.
- ◆ Take place over 45-60 minute group conference call sessions, taking place weekly over six weeks.
- ◆ Are designed for participants with an 8th grade-or-higher reading comprehension level.

All materials are mailed directly to the participant’s home at no cost. Materials include the workshop textbook, workbook, and exercise and relaxation CDs or MP3s (per participant’s choice).

Learn more about **Living Healthy with Chronic Pain Self-Management Program.**
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Healthy Changes for Living with Chronic Conditions is Stanford University, School of Medicine’s evidence-based Chronic Disease Self-Management program launched in 1996.