



# Our Mob

Look after your mind, body and spirit to manage pain

**YOU CAN CHANGE your pain**

## Start moving, keep moving

Pain can make you scared to move, but not moving makes pain worse.

Moving will not cause damage

Moving is the lotion to a healthier you.

Moving keeps your muscles strong and joints loose.

Moving improves mood.

Moving improves sleep.

Moving reduces blood pressure.

Moving can help you reduce your medications.



Some ideas to start moving and keep moving:

- Do some activity every day
- Walk to school, the shops or work
- Play with the kids
- Use the stairs
- Dance
- Exercise in the water
- Ride a bike
- Walk in a group
- Join the gym.



### What can you do?

#### ○ Make a **DEADLY** Pain Plan

The screenshot shows a form titled 'My deadly pain plan' with sections for 'What is your pain?', 'What do you want to do to manage your pain?', 'What do you want to do to manage your pain?', 'What do you want to do to manage your pain?', and 'What do you want to do to manage your pain?'. It includes a 'YOU CAN CHANGE' logo and a footer with the URL 'www.aci.health.nsw.gov.au/chronic-pain/our-mob'.

[www.aci.health.nsw.gov.au/\\_data/assets/pdf\\_file/0018/406521/OurMob\\_HealthPlan\\_Fillable\\_Form\\_ACI161214.pdf](http://www.aci.health.nsw.gov.au/_data/assets/pdf_file/0018/406521/OurMob_HealthPlan_Fillable_Form_ACI161214.pdf)

- Talk to someone you trust\*
- Start slowly
- Make a plan for the future
- PACE up your activity, build up slow, bit by bit
- Do something active everyday – in spite of pain. Start with 5 minutes and build up to 30 minutes if you can
- Join a group
- Listen to your body.

\* Your doctor, Aboriginal Health Worker, physiotherapist, exercise physiologist (coaches you to do safe activity)

### What's a flare up?



A flare up is when your pain gets worse for a short period of time. They are a normal part of living with pain. Sometimes they happen when you have done too much, or sometimes for no reason at all.

What can you do when you have a flare up?

- Cut back on activity, but don't stop altogether
- Have a flare up plan
- You can get back on track.



[www.aci.health.nsw.gov.au/chronic-pain/our-mob](http://www.aci.health.nsw.gov.au/chronic-pain/our-mob)

