



Our Mob

Look after your mind, body and spirit to manage pain

YOU CAN CHANGE your pain

Look after your mind

Make time to heal your mind and spirit by distracting yourself. Stress and sadness makes pain worse.

- Relax
- Learn Tai Chi
- Join a social group
- Manage your stress – don't take on too much or say NO sometimes
- Play music
- Healthy life balance with family and community
- Do something for others
- Listen to the waves
- Learn to meditate
- Go bush, back on Country, reconnect with culture and language
- Share a meal
- Yarn with someone you trust
- Practice deep breathing
- Go for a walk
- Start a project
- Join a men's or women's group
- Have a plan.



You can't see it, but it's real.



What you can do?

- Make a **DEADLY Pain Plan**



www.aci.health.nsw.gov.au/_data/assets/pdf_file/0018/406521/OurMob_HealthPlan_Fillable_Form_ACI161214.pdf

- Talk to someone you trust*
- Do it everyday
- Practice to get better
- Try new things
- Reward yourself
- Forgive yourself.

* Your doctor, Aboriginal Health Worker, Community Elder, family, friend



www.aci.health.nsw.gov.au/chronic-pain/our-mob

