



# 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/OurMobHealthPlan\\_Fillable\\_Form\\_ACI161214.pdf](http://www.aci.health.nsw.gov.au/_data/assets/pdf_file/0018/406521/OurMobHealthPlan_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



AGENCY FOR  
CLINICAL  
INNOVATION

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

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