

# Our Mob

Look after your mind, body and spirit to manage pain

**YOU CAN CHANGE your pain**

## What is chronic pain for our mob?

Chronic pain is long lasting pain.

It is pain that goes on for more than 3 months.

It may be caused by an injury or a disease like arthritis or diabetes.

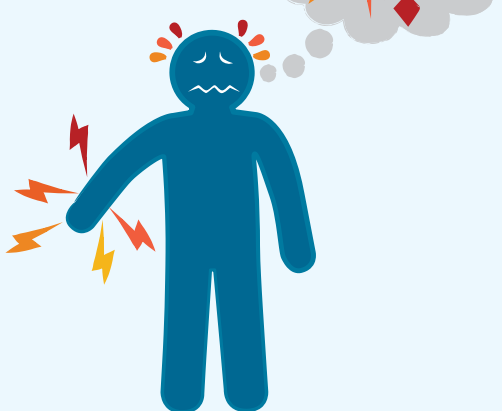
Acute pain is a new pain. The pain is to protect the injury and will gradually reduce as your body heals.

Chronic pain is present after the body part has healed. There is no further risk of damage.

You can learn to change your pain.

**It's in your brain (No Brain, no pain)**

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

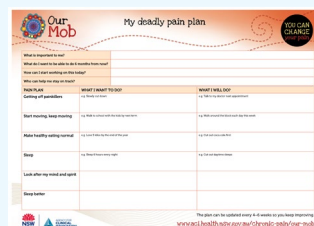


Your brain can change the way you deal with pain:

- It makes you stressed, sad or angry
- It messes with your sleep
- It makes you scared to move
- It makes you scared to go out
- It messes with your mind, body, spirit.

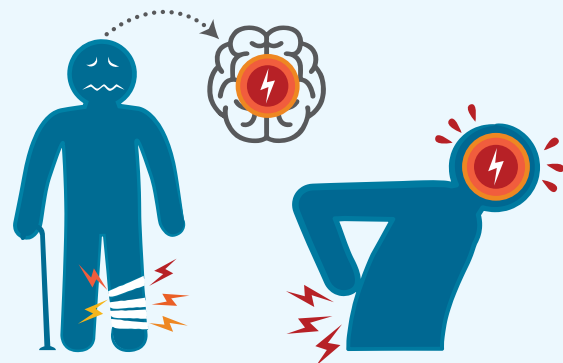
## What can you do?

- Talk to a someone you trust\*
- Make a **DEADLY Pain Plan**



[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)

- [Start moving, keep moving \(PDF\)](#)
- [Look after your mind \(PDF\)](#)



- [Make healthy eating normal \(PDF\)](#)
- [Have a good sleep routine \(PDF\)](#)
- [Don't rely on medications or other drugs \(PDF\)](#)

\* Your doctor or Aboriginal Health Worker



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)

