

Developing techniques to help with pain

Websites, apps and books that you may find helpful¹

Information supplied by Somerset Training Hub

We know that pills are helpful for short lived (acute) pain. But they don't help with long term (chronic) pain. Chronic pain exists when pain has been present for at least 3 months. To help treat this pain more effectively we need to use different techniques to help us. This information leaflet highlights some of the resources available as books, online or as apps which you can access.

Internet

We find these websites particularly helpful.

My.Livewellwithpain.co.uk

This website has numerous helpful video stories of people living with pain and multiple other resources. Its [10footstep program](#) and [10footstep festival 2021](#) are terrific.

Paintoolkit.org

This website has a number of different resources including multiple videos to guide patients through many of the problems they face because of their pain. This also has webinars and pain cafes which people find really useful.

Somersetpain.co.uk

This is our local specialist pain management website with lots of useful tools to help you with your pain. It's well worth taking a look at.

[Reconnect2Life](#) has been created by Torbay and South Devon NHS Foundation Trust. It has great tools for helping with our pain.

[Somerset Talking Therapies service](#)

Pain can have a big impact on the way we feel. Because of this, patients in Somerset living with pain (or any long term condition) can self-refer for an emotional health check by calling 0300 323 0033.

¹ We will not be held liable for the content and hyperlinks contained on third-party resources. These are external resources which we cannot control, therefore although relevant at the time of this leaflet, it may change over time and without our knowledge

Apps

Mindfulness is when we are focusing on the here and now. It's been shown to really help pain sufferers as well as stress in general. The two we suggest are **Smiling Mind** and **Medito** (this is also available as a website). Both are free and available on Apple and Android platforms.

Smiling Mind has lots of resources around mindfulness. **Medito** doesn't have quite as many resources but it includes other things such as sleep sounds and sleep stories.

If you've never tried mindfulness before Medito could be the best way in to try it out. To get the most benefit it's good to try it twice a day for at least 1 month, otherwise it can be really difficult to get the hang of.

Pain apps are starting to emerge. Some people may have heard of the US app called **Curable**. If you like podcasts then this could be for you. All of the podcasts are available completely free via Curable on "[like mind like body](#)". Curable is available on all devices but for the full package, with its additional resources, it costs \$50 per year (that's approximately £35²). There is a free 6 week course which your clinician can refer you to (they have to register as a referrer on the [Curable](#) website first). This can be a really helpful way to see if Curable could be for you.

The other app we suggest is from the **Pain Toolkit** team. Unfortunately it is only available on Apple (you download it from Apple Pay). It costs £4.99¹ as a one off charge for the full package. It helps you identify what bothers you most about your pain then guides you through lots of techniques to help.

Livewellwithpain is also developing an app which should be available before the end of 2021.

Books

Some people don't have access to the internet or just prefer books. There are a number of excellent books out there but here is a small collection:

Living well with pain and illness

by Vidyamala Burch (a book on Mindfulness) 9780749928605

Pain

by Irene Tracey ISBN 9780241345535

Chronic pain the drug-free way

by Phil Sizer ISBN: 9781847094797

² Correct as of May 2021