

Chronic pain self-management resources

A list of recommended resources for patients living with chronic pain.

1. Live well with pain

<https://livewellwithpain.co.uk>

UK-based, developed by clinicians and people with lived experience

Designed specifically for patients

Recommended by many NHS Pain Services. A gold standard resource.

Highlights:

- Self-management strategies
- Goal setting and pacing
- Sleep, movement, flare-up planning
- Free downloadable tools (pain diary, pacing plans)

2. Flippin' pain

<https://www.flippinpain.co.uk>

Campaign supported by NHS and pain clinicians

Public education for patients and carers

A great starting point for patients new to the idea of central sensitisation and pain education

Highlights:

- Explains modern pain science ("Pain is always real, but not always a sign of damage")
- Engaging videos, webinars, podcasts
- Myth-busting and neuroscience in simple terms

3. Pain toolkit

<https://www.pain toolkit.org>

Created by Pete Moore (chronic pain sufferer + advocate)

Designed by patients, for patients

Highlights:

- Simple 12-tool guide for managing pain
- Focuses on ownership and consistency
- Used internationally in pain services
- "It's not what you do occasionally that counts – it's what you do every day."

4. Tame the beast: It's time to rethink persistent pain (Video)

<https://www.tamethebeast.org>

By Prof. Lorimer Moseley, pain neuroscientist

Format: 5-min video explaining how pain works

Highlights:

- Friendly, engaging, de-medicalised
- Good for starting conversations about central sensitisation and brain-pain connection
- Often used during patient education groups.

6. Curable (app)

<https://www.curablehealth.com>

Paid app with free content available- 6-week free trial

Evidence-based programme rooted in neuroscience and CBT-style tools

Highlights:

- Guided meditations
- Pain science education
- Writing exercises
- Ideal for motivated patients ready to explore the mind–body link.

