

## Patient advice sheet

### 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.paintoolkit.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.

