



# LiveWell

*with pain*

[www.livewellwithpain.co.uk](http://www.livewellwithpain.co.uk)



# Who we are

## Training and implementation team



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# Welcome to Live Well with Pain

Our website is all about learning new approaches and skills to help you live well, despite your persistent pain. Our tools and resources are tried and tested – many are now regularly used across the NHS to help people to learn how to self-manage their pain.

We also encourage you to find the right support – from healthcare practitioners and others – who can work with you on your self-management journey.

That journey starts here – so please [explore our resources](#).



[HOME](#)

[ABOUT](#) ▾

[RESOURCES](#) ▲

[NEWS](#) ▾

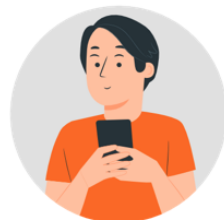
[SHOP](#)



[Resources](#)



**EXPLORE  
OUR  
RESOURCES**



**TEN  
FOOTSTEPS  
PROGRAMME**



**PROFESSIONAL  
TOOLS**



**TRAINING FOR  
PRACTITIONERS**

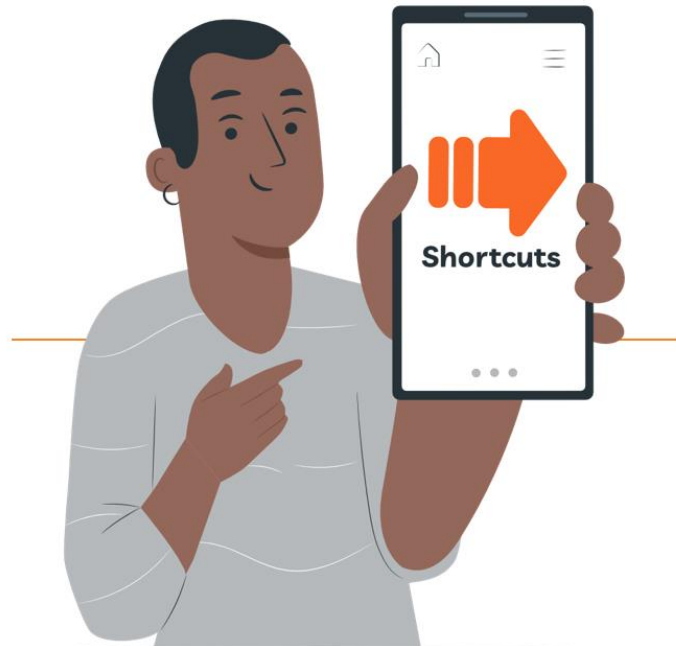


## Explore our resources – choose one of these options:

Take me to resources for people living with persistent pain

Take me to resources for practitioners supporting pain self-management

Newsletter



### Get top tips fast

**Desperate for a good night's sleep?**

**Want to reduce your pain meds?**

**Need help getting back to being active?**

**Why can't I say what I need to my doctor?**

**How do I deal with feeling low?**

Find out fast with *Shortcuts* – top tips for the things that matter most to people who are living with persistent pain.

Take me to shortcuts







## Resources for people living with pain

Explore our tools and resources to learn new skills for living well despite your persistent pain. Everything in our resources section has been tried and tested by people with lived experience of pain. Used and trusted by thousands of people every year, *Live Well with Pain's* resources for people with pain are accessible, effective, and simple to follow.

### New for 2025 – nutrition and pain

Exciting new resources exploring why the foods we eat are so important for people living with pain.



#### Top nutrition tips

What are the foods we need – and why are they important for pain?



#### How's your nutrition?

Try our nutrition self assessment and find out how you're doing



#### Let's cook!

First ever recipe book designed especially for people with pain!

More free resources for people living with persistent pain

**Real life stories that will inspire you**

**Learn new skills – fast – with shortcuts**

**Download our really useful leaflets**

**Take the first footstep to living well with pain**



## Skills and knowledge for practitioners

Our resources for practitioners have been produced for clinicians, social prescribers, pharmacists, clinical psychologists, physiotherapists – or indeed any practitioners working in pain management.

They include training videos, document downloads and guidance. Here are just some of the topics covered:

### Shifting the conversation

- Why we need to listen to a person's 'pain story'
- Moving from medicines-based treatment to a self management approach
- Supporting someone to form person-centred goals

### Medicines and your patient

- Exploring medicines use with a patient
- Carrying out a medicines review
- Opioid prescribing – how does your practice measure up?

### Supporting self-management

- The skills needed to develop a person's pacing skills
- Why using metaphors to explain pain is so effective
- Why self-management with confidence is the aim

All our resources for practitioners are completely free to use in your work with people living with pain.

Start exploring:

[Skills and knowledge for practitioners](#)

## Medicines management

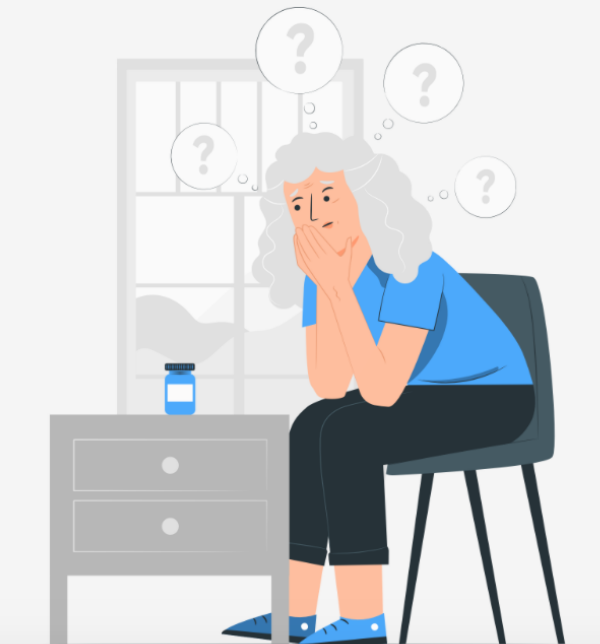
The role of any analgesic medicine in pain management is to reduce pain intensity *and* allow improved or maintained function. In other words, they are used to help the patient do more of the things that matter to them.

If medicines are not allowing a person to do more, whether because they do not reduce pain intensity or due to side-effects, then they should be carefully reduced and stopped at a time and pace the person can manage.

We have developed a range of resources and research for clinicians, including:

- opioid equivalence, risks and recommendations
- an Opioid Tapering Resource Pack
- and key research papers by leading pain medicine specialists

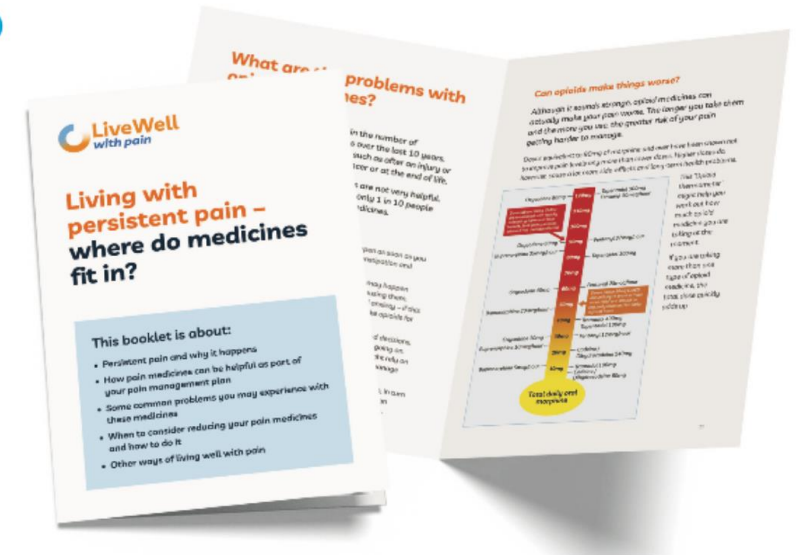
[Medicines resources for clinicians](#)



## Printed booklets from Live Well with Pain

# Living with persistent pain – where do medicines fit in?

NEW FOR  
2025



**STEP 2**

Tell us a bit about your pain

Your current level of pain  
Circle one of the numbers below  
0 = 'No pain'



www.myLiveWellwithpain.co.uk

level at present.

8 9 10

is on average

9 10

resent,

can't ones to change.



Clifton Court Medical Practice

# Live Well with Pain Health Check

Exploring how pain affects your health and life

Please help us understand about your health and the main obstacles to improving your quality of life and self managing with confidence. There are **four steps** – tick or circle all the answers that apply to you.

**STEP 1**

### How do you feel?

For each statement please circle which is closest to how you have been feeling over the past two weeks

	all of the time	most of the time	more than half the time	less than half the time	some of the time	at no time
I have felt cheerful and in good spirits	5	4	3	2	1	0
I have felt calm and relaxed	5	4	3	2	1	0
I have felt active and vigorous	5	4	3	2	1	0
I woke up feeling fresh and rested	5	4	3	2	1	0
My daily life has been filled with things that interest me	5	4	3	2	1	0

## Using medicines for persistent pain

Think about whether your medicines help you to manage your persistent pain. This tool may help you decide about using medicines in better ways for you. Answer the questions below to help you think and decide.



ns or difficulties with:

stamina

ation e.g. tablets etc.

ng more pain, then

MS

How much do your medicines relieve your pain at  
Circle the amount that is closest to your experience

0% 10% 20% 30% 40% 50% 60%  
(No pain relief)

Do you have side effects with your current medicines?  
Circle yes or no

If yes, what are they?  
Circle all the side effects you experience

- Concentration difficulties
- Hallucinations
- Sexual difficulties
- Depression/low mood
- Constipation
- Any other:

Do you get as much pain relief now, compared to when you first started taking medicines?  
Circle yes or no

Do you ever experience side effects?  
Circle all the symptoms

Shaking

Do medicines help you to manage your persistent pain?  
Circle yes or no

Do they help you feel good about yourself?  
Circle yes or no

YES NO

Do they help you get a good night's sleep?  
Circle yes or no

YES NO

Write down the benefits and problems or side effects of taking medicines for your pain.

Benefits +

Problems or side effects -

Now look through your answers. Are there more benefits or problems in taking medicines?  
Circle the answer that applies to you

More benefits

More problems

Choose from these medicine options for you now:  
Tick your choice (s)

- Stay on the medicines
- Explore ways to reduce or make changes to them
- Plan to gradually reduce and stop
- Other (please state)

Please share your answers with your GP, pharmacist or pain management team. It may help to know more ways to manage pain and cope with how it affects your life. It often leads to better pain relief, using less medication and feeling more confident to live well with pain.





# 10 Footsteps

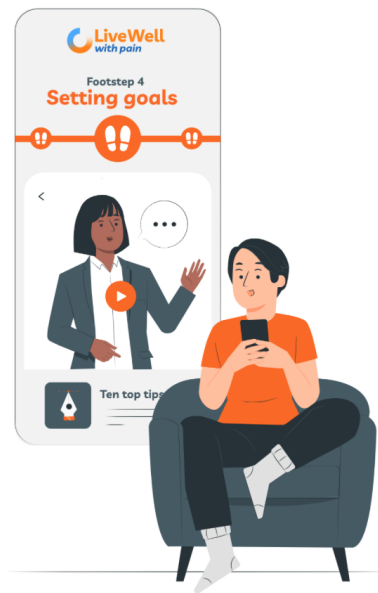
## What is the Ten Footsteps programme?

*Ten Footsteps to Living Well with Pain* is a step-by-step online guide to living well despite your persistent pain.

When people self-manage their pain, their quality of life improves. Eventually it stops dominating their day and they begin to get more out of life.

Knowing how to self-manage your pain is not automatic – but it is something that you can learn.

That's where *Ten Footsteps* comes in. It's designed to help you learn the skills you need to become an effective self-manager of your pain.



## Choose a footstep



**Footstep 1**  
Pain and the brain



**Footstep 2**  
Acceptance



**Footstep 3**  
Pacing



**Footstep 4**  
Setting goals and getting active



**Footstep 5**  
Relaxation and mindfulness



**Footstep 6**  
Sleep



**Footstep 7**  
Communication



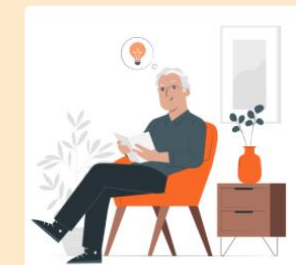
**Footstep 8**  
Managing moods



**Footstep 9**  
Medicines and nutrition



**Footstep 10**  
Managing setbacks



### Download the booklet!

Download and print this easy-to-read summary of all ten footsteps in a handy A4 format.





## How to use the Ten Footsteps as a practitioner

### Footstep 1

## Pain and the brain



In this first footstep, as a health care professional working with someone who lives with persistent pain you'll be looking to engage them with the idea that pain is something that can be tackled in different ways.

Helping people living with pain to understand more about how the brain affects their experience of pain is one way of shifting the conversation away from the medical model and towards a person-focused, self management model.

**Your role is to guide the person to realise the need to shift from trying to 'find and fix' the pain to 'managing and living a valued life' despite the pain.**

To do this it may be useful to start by:

- Hearing the pain story from the beginning (particularly if the patient is new to you).
- Reviewing the notes to ensure appropriate indicated medical investigations are complete and any appropriate treatment is optimised.

Note that hearing the person's story may take a whole appointment – that's okay. It is important to understand what the person sees at the problems they need support to change. Listening is an intervention in its own right and you should not feel rushed to 'do' anything else at that stage. Often it is best to ask the person to come back and pick up the key points in a future discussion rather than try to give information or plan a new treatment.

For  
Action

As a practitioner working with someone on the *Ten Footsteps*, you will be going on a journey with them as they first come to terms with, then begin to gain a deeper understanding of, and finally learn the skills to self-manage their pain.

Each of the ten footsteps is a stage along that journey and covers a discrete self-management theme. Each is recognised by clinicians and people who successfully live with pain, to be a vital component in the 'toolkit' of people who have learnt to manage their pain effectively.

The order of the ten footsteps follows a pattern that has been identified in people learning to self-manage. This is sometimes known as the self-care cycle.



# Get free resources to help you work with persistent pain.

## Posters for waiting areas



## Self-management skills booklets



Download free from [Live Well with Pain](https://www.livewellwithpain.co.uk).  
Go to [livewellwithpain.co.uk](https://www.livewellwithpain.co.uk) and search 'downloads'

# Grow your confidence in guiding people to self-manage their persistent pain.



**'It gave me everything I needed and more'**

**'Well structured, good multidisciplinary interaction'**

**'It gave me an up-to-date overall view of where the NHS wishes to go regarding pain management'**

**'I received the support I was looking for, to enable me to support my patients'**

Live Well with Pain runs a range of online training courses for practitioners, including:

- Ten Footsteps programme
- More Skills, Less Pills
- Introduction to person centred approaches to chronic pain

All courses are designed to develop the key skills and tools practitioners need to be able to confidently guide people to become effective self-managers of their pain.

Accredited by the Personalised Care Institute, each course is led by an experienced healthcare professional, with additional input from people with lived experience of persistent pain.

Go to [livewellwithpain.co.uk](https://www.livewellwithpain.co.uk) and search 'training'

