

If you are suffering from physical pain, speak to a health professional about the different treatment and pain management options available to you.

<p>What do I need to do to make this happen?</p>	<p>No, because...</p>	<p>No, because...</p>
<p>What am I going to do to manage my pain?</p>	<p>Could I do less of this?</p>	<p>Could I do more of this?</p>
	<p>What makes my pain worse?</p>	<p>What makes my pain better?</p>

Out of Pain Research

Groundswell's Out of Pain research spoke to 269 people experiencing homelessness. It reveals the widespread impact of chronic pain which is severely damaging the lives of homeless people. This guide includes our findings and offers practical steps you can take to improve your health and wellbeing.

Find out more at www.groundswell.org.uk

Out of Pain Guide

Chronic pain affects over half of all people experiencing homelessness. Physical pain can have a big effect on your life, but it can be managed. If you are experiencing physical pain, this guide is to help you think about your pain. You can write your answers to the questions in the boxes to help you focus on what makes a difference and then take steps to limit the impact.

Groundswell

Groundswell is a charity that involves homeless people in creating solutions to homelessness. We support people to have better access to healthcare through one-to-one support, research and campaigns.

Out of Pain Guide



How would I describe my pain when it's at its worst?

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How would I describe my pain when it's at its best?

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Groundswell spoke to over 260 homeless people about their health and the impact of physical pain on their lives. We found:

Groundswell
Out of homelessness

53%

suffered from chronic pain



69%

said pain had been bad for mental health

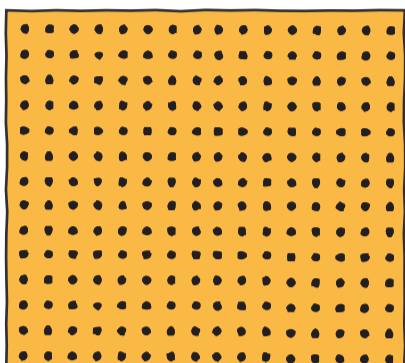
24%

suffered from pain for over 10 years



87%

had aches and pains from sleeping rough



39%

pain had contributed to becoming homeless

23%

had arthritis

22%

suffered from migraines

50%

pain caused trouble with relationships

43%

had used alcohol to deal with pain



43%

had used drugs to deal with pain



You are not alone. Pain can be managed. Don't let it hold you back.
The following steps can help you to manage your pain:

Keep Rested

Pain can make it difficult to get restful sleep and poor sleep can make pain worse.

Try to break this cycle by:

Routine

Develop a routine around sleep. Go to sleep at the same time each night and avoid napping during the day.

Alcohol or drugs

Avoid using alcohol or drugs to help you sleep.

Caffine

Cut back on caffeinated drinks like tea, coffee or energy drinks especially later in the day.

Quiet

If you're living in a hostel speak with staff about making the building quieter at night.

Keep Active

Pain can disrupt daily activities, however doing less can make pain worse.

Try these tips to keep active:

Stretching and exercise

A morning or evening stretch can strengthen muscles which support your body and bones. Exercise also releases endorphins and can improve mood.

Pacing

Using a 'paced' approach means you break a task into more manageable parts and do each of these within your levels of comfort. 'Pacing' can allow you to build up your strength and do more later. Although it's important to move, you know your body best so listen to it.

Eat Well

Your diet can have an impact on your body and its ability to heal and maintain itself.

Try these tips to eat well:

Vary your diet

Get a mix of fruit, veg, fibre and proteins.

Reduce sugar

Cut back on sugary food and drinks.

Stay hydrated

Drink water regularly.

Just ask

If you eat food in day centres or from a hostel let staff know that you would like healthier options.

Remember to Breathe. Try this:

In the time it takes to read this sentence breathe in. In the time it takes to read this sentence breathe out.