

DO YOU LIVE WITH PERSISTENT PAIN?

Pain is an unpleasant experience, and is a normal part of being human. However, when pain PERSISTS, it can become a consuming factor - severely limiting our ability to function in our normal daily activities, and can present as a huge barrier to achieving our goals.

When looking for solutions to our pain it can sometimes be helpful to look at several different domains.

Making even small, positive changes, in several of these domains can accumulate into a larger change in your pain experience.

