

**How the INPUT Pain Management in 1996, saved me popping endless medications, doctors/therapy shopping, feeling hopeless and stuck in the medical model of care.**



Managing persistent can take time (well it was that way for me and it took a year to be totally free of the pain meds) but once I got the hang of it, learning self management skills got me back on track and in the driving seat and haven't looked back.

Having a plan, being consistent and having purpose was the key.

The program taught me life long skills which have been useful for other health challenges, when they came along like arthritis and prostate cancer.

Now I'm an older person I use them more than ever, so I can still do the things I like and want to do like riding my motorcycle and this year, traveling in my van.

Whether you're a Healthcare Worker or a person living with pain reading this post, I know you may also be feeling STUCK like me and just need a short course so you can support your patients better.

If you are a person living with pain, you may not have access to course and not sure where to start or begin.

Checkout the link below and choose the course for you. Both are super affordable <http://paintoolkit.thinkific.com/>



Join our Pain Toolkit Academy community of Self Management as others have, so you can get back on track and in your driving seats.

#SelfmgtLIVING-Works

\*The Pain Toolkit Academy is a not for profit organisation.

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