

Pain Management Therapy Service

Advice and information during COVID-19

The pain therapy team has put together some ideas to help you with managing pain and other symptoms once schools are closed or you and your family need to isolate yourselves:

- Keep to regular times for bed and waking up / getting up, and for meals.
- Get dressed every day
- Make yourself a plan of the different things you can do each day. See if you can include activities that are **creative** (art and crafts, playing music, lego or similar, **social**, **study**, **practical** (cooking, helping round the house, gardening etc), **play and games**, **physical** (exercise, walks, yoga etc), **passive** (TV, screens) and **personal** (caring for yourself, grooming, make-up etc.) Do things that make you happy!
- Try to vary different activities each day, even if it's just in the house, so that you're not sitting or doing the same thing for too long.
- Plan in short periods of stretches or exercises to do at least once a day.
- Include activities that help calm your nervous system as these stressful times may affect our bodies physically - eg. yoga, breathing exercises, meditation, singing..
- Continue with strategies suggested by your therapist - such as desensitisation, TENS machine, weight bearing, movements/exercises and relaxation ideas - including Mindfulness, breathing techniques and visualisation.
- Take your medication regularly if your doctor has advised it, and make sure you have a good supply.
- Keep in touch with your friends every day, and try to speak to them rather than just on social media.
- Connect with nature - by going out in the garden, for short walks or by growing plants at home.
- Make a short list each day of the things you feel grateful for - people you love, a pet, something that made you smile, the sunshine....
- Limit how much news you watch on TV or social media.
- Try not to use screens before bed - listening to music or audio books, reading, colouring or puzzles can help settle your mind to prepare you for sleep.

Most importantly be kind to yourselves - this is a stressful time for everyone. Talk to friends and family about how you are feeling and support each other as best you can.

If you need further information or advice please contact the Pain Therapy Team on 0114 2717436. This is an answerphone - we will do our best to get back to you as soon as we can. We may have reduced staff at work so please bear with us.

We have included a list of resources you might find helpful to support you and your family.

With very best wishes from the Pain Management Therapy Team at Sheffield Children's Hospital

