

Wander and Rest Life

EMBRACING THE JOURNEY, ONE RESTFUL STEP AT A TIME

Mini Booklet

Finding Support: Navigating Life with Chronic Pain



Simple steps to get help, feel understood, and take gentle action

Created By Wander and Rest life

Recognizing When to Seek Help

Living with chronic pain can sometimes make you doubt whether your struggles are “enough” to ask for help. The truth is: you deserve support at any stage.

Listen to your body

- Pain that is persistent, worsening, or interfering with sleep and mobility is a clear signal to seek help.
- Even if your symptoms seem “manageable,” you don’t have to wait until they get worse.

Notice emotional signs

- Feeling stressed, anxious, low in mood, or overwhelmed by pain are important signals too.
- Pain isn’t just physical – emotional wellbeing matters just as much.

Everyday impacts matter

- If pain makes it hard to cook, work, play with your children, or enjoy your hobbies, it’s time to reach out.
- Needing help with daily tasks is not a weakness – it’s a sign that more support could improve your quality of life.
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Know your limits

- You don’t need to push through on your own. Asking for help early can prevent burnout or flare-ups.
- Support doesn’t have to mean “big changes” – even small adjustments can bring relief.

Reflection Prompt:

Today, I notice that I need support in:



SECTION 2

Types of Help & Support (with contacts)

Mind (UK) – Mental health charity supporting emotional wellbeing:
www.mind.org.uk

- Infoline: 0300 123 3393
- Support Line: 0300 102 1234
- Welfare Benefits Line: 0300 222 5782
- Legal Line: 0300 466 6463
- Note: For hearing or speech impaired callers, use 18001 followed by the respective number.

Samaritans (UK & ROI) – Emotional support 24/7: www.samaritans.org

- Helpline: 116 123 (Free to call, available 24/7)

Versus Arthritis (UK) – Support for arthritis and chronic pain:

www.versusarthritis.org

- Helpline: 0800 5200 520 (Monday–Friday, 9am–6pm)
- Email: helpline@versusarthritis.org

Fibromyalgia Action UK (FMA UK) – Support for fibromyalgia: www.fmauk.org

- National Helpline: 0300 999 3333 (Monday–Friday, 10am–4pm)
- Benefits Helpline: 0300 999 0055 (Monday, Wednesday, Friday, 10am–12pm)

Pain Concern (UK) – Advice, support, and information: www.painconcern.org.uk

- Helpline: 0300 123 0789 (Monday–Friday, 10am–4pm)
- Email: help@painconcern.org.uk

SECTION 3

Self-Advocacy & Communication

Prepare before appointments

- Write down your top 2–3 concerns so you don’t feel rushed.
- Bring a short symptom diary to show patterns in your pain.

Speak openly

- Use clear, simple language to describe pain (sharp, dull, burning, constant).
- Share how pain affects your daily life (sleep, work, relationships) – not just your body.

Set realistic goals

- Instead of “fix my pain,” try goals like: improve sleep quality, manage fatigue, or increase comfort during daily tasks.

Track your progress

- Keep a small notebook, phone app, or printed tracker to record flare-ups, energy levels, or helpful coping strategies.
- This helps both you and your healthcare team see what’s working.

Know your rights

- You are entitled to be listened to and treated with respect.
- It’s okay to ask for a second opinion or to request adjustments (e.g., longer appointments, written notes).

Reflection Prompt:

One small step I can take this week to get support:

Notes

Sometimes the smallest notes can hold the biggest insights. Use this page to track your thoughts, ideas, or goals for seeking support.

ACTION

SECTION 4

Takeaway & Call to Action



Gentle Reminder:

Seeking help is a sign of strength. You deserve support, understanding, and care.

Call to Action:

- Sign up for our newsletter for more gentle living tips.
- Explore our free resources and upcoming events at [Wander and Rest Life website](#)