

Living a Full Life with Chronic Pain

Living a full and active life with chronic pain may seem impossible, but you **can** improve your functioning and quality of life. The key is to have the right skills and support. Your providers, whether in primary care, specialty care, or mental health care all want the same thing: to help you develop the skills to manage your pain successfully. A comprehensive team approach has been shown to be the most effective way to do this. The Minneapolis VA offers a unique class to help you develop an action plan in collaboration with your providers and our instructors. We will then help you to communicate that plan to your providers so that you can continue to work together on managing your chronic pain.

In this one-session class, you will learn from our team of health and mental health professionals about:

- The theories, myths, and basics of chronic pain
- The role, limitations, and dangers of pain medications in chronic pain management, including non-medication approaches
- The impact of stress, emotions and other biopsychosocial contributors on pain
- Skills to improve sleep and relationships
- How to develop an active life, including moving your body
- Planning for flare-ups
- Goal-setting
- Resources for taking your next steps

When, where, and how:

- This class is offered the fourth Monday of each month.
- We meet from 9:00 a.m. to 3:00 p.m. (Room 4L-125) with breaks and time for lunch on your own.
- To register, contact the call center at 612-467-1100 or 1-866-414-5058, ext. 1100.

Questions:

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