



STRATEGIES FOR BETTER LIVING SESSION **Information leaflet for patients**

Who is it for?

These sessions will be helpful to you if you suffer from chronic pain or other troubling persistent physical symptoms that have not been helped by treatment so far or where no physical cause has been found so far.

The therapeutic sessions will be particularly suited to you if:

1. you would like to understand how your body affects the way you feel and visa versa
2. you would like to try an approach that includes both talking and activities such as movement exercises
3. you would like to strengthen your own creativity

What is it about?

The sessions have been specifically developed in relation to enduring physical symptoms by doctors and therapists and the main focus is on working with the body. The sessions include relaxation and movement exercises (sometimes to music), discussion about your bodily symptoms and associated feelings.

The session aims to:

1. Improve your physical well being
 2. Help you to “manage” your pain / symptoms better and to relax
 3. Help you with anxiety and elevate your mood
 4. Help you to express yourself in a different way using your creative potential
 5. Help you to understand what makes your symptoms worse and or better
- You do not need any previous experience to benefit from this treatment.



When and where does it take place:

There will be a total of 10 weekly sessions. Each session will last one-and-a-half hours.
Time: Tuesdays 6-7.30pm Date: From 18th July 2017
Venue: tbc Richmond Wellbeing Service