## 84 An Introduction to Living Well with Pain

Many people have taken control of their pain by choosing different Footsteps skills and resources. Some have started new jobs or careers, started businesses or hobbies and found valuable roles from volunteering to raise money for charities.

My action plan

What will help me to . . . ?

- 1. Eat healthily
- 2. Share with or get support from others
- 3. Manage a work plan