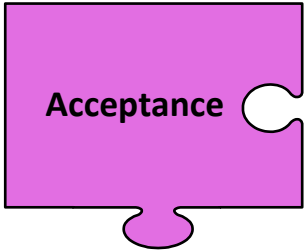


# FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



[The Pain Toolkit Website](#)



[Resources on Acceptance & Commitment Therapy](#)



[My Live Well With Pain - Tamar Pincus Pain and Me Video](#)

# FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)

Understand  
your  
condition



Tame the Beast Website



Arthritis - Versus Arthritis Website



Understanding Pain In Less Than 5 Minutes Video



Fibromyalgia - Fibromyalgia Action UK



NHS Inform - Chronic Pain Webpage



CRPS Burning Nights



Pain Concern Website



Sciatica – Living Well With Pain Blog



The Pain Toolkit Website



Sheffield Aches & Pain Website



My Live Well With Pain



Reconnect 2 Life Interactive Programme



Action on Pain Website

## FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)

Get involved  
&  
Re-connect  
to life



My Live Well With Pain - Tamar Pincus Pain  
and Me YouTube Video



On Your Doorstep Fife Website

## FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



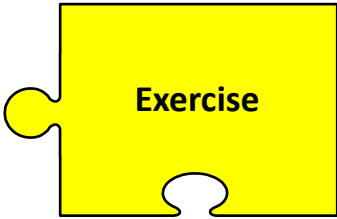
[The Pain Toolkit Website](#)



[My Live Well With Pain Pacing Leaflet](#)

# FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



NHS Choices - Exercise Webpage



NHS - Chair Pilates Webpage



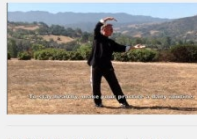
Super 6 Balance Exercises



Cara Kircher Gentle chair/yoga/tai chi exercise YouTube videos



NHS Inform - Exercise Webpage



Don Fiore Tai Chi/qi Gong YouTube videos



23 1/2 hours YouTube Video



Suman Barkhas Chair Tai Chi YouTube videos



Versus Arthritis Exercises to Manage Pain



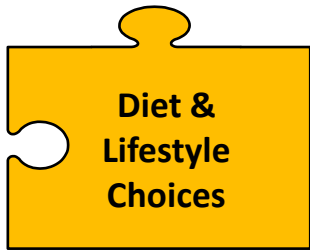
Yoga - Adrienne Mishler YouTube videos



Zumba Gold YouTube Video



Yoga - Shona Vertue YouTube videos



## FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



NHS – Weight Loss Plan



NHS – Quit Smoking Guide



NHS – The EatWell Guide



British Lung Foundation – How To Stop Smoking Guide

# FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)

Unhelpful  
Thinking  
/ Emotions



Moodcafé Website



Managing Anxiety videos YouTube Clinical Psychologist Playlist



Breathing Space Website



Fife Book Prescription Scheme



Access Therapies Fife Website



Mindfulness Scotland Website



Live Life to the Full Website



Mental Health Information Website

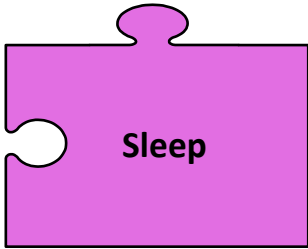


Headspace Website



# FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



[Sleep Council Website](#)



[NHS Inform – Sleep Problems Webpage](#)



[My Live Well With Pain – Sleep Leaflet](#)



[Mind Website - Coping with Sleep Problems](#)



[Sleepio - online sleep improvement programme](#)

# FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



Moodcafe Website



Relaxation videos YouTube Clinical Psychologist Playlist



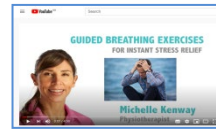
Breathworks Mindfulness Website



The Pain Toolkit Website



Mindfulness Website



Michelle Kenway diaphragmatic breathing YouTube video



Simply Being

## FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)

Setting Goals  
Important  
To You



[My Live Well With Pain Goal Setting Leaflet](#)



[The Pain Toolkit Website](#)

# FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



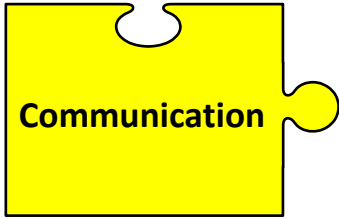
Brainman stops his Opioids



NHS Fife Pain Management Website Medication Page

## FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



Mood Cafe Communication and Self-Help Guide



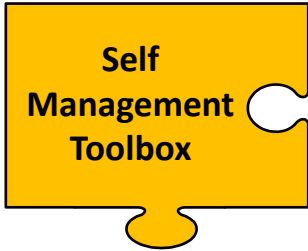
Breathing Space Website



Torbay and South Devon Pain and Communication Leaflet

# FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



FPMS Instruction on Use of TENS Leaflet



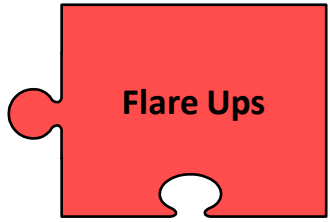
Patient Access Heat and Cold Treatment Leaflet



NHS Tayside - How to Use TENS Video



Get Self Help Website



## FPMS Pain Jigsaw Resource Links

[Return to Pain Jigsaw](#)



[The Pain Toolkit Website](#)