

Living Well *with* Chronic Pain



Understanding the cycle • rebuilding confidence •
creating your toolkit

For women living with
persistent pain and fatigue

with Claire Whittaker



YOUR LAUNCHPAD
TO FREEDOM

BREAKING THE CHAINS



Living with persistent pain can affect far more than your body. It can change your energy, sleep, confidence, mood, relationships, work and even your sense of who you are.

This **2½-hour practical and interactive workshop** is designed for women living with persistent pain, fatigue and invisible illness. Together, we'll explore the wider impact of chronic pain and some of the patterns that can develop around it — without judgement and without suggesting there is one right way to manage pain.

We'll explore the **chronic pain and boom–bust cycle**, pacing and rebuilding capacity, the impact of invisible illness, and how stress, sleep, environment, self-talk and everyday coping strategies can affect the amount you're carrying. You'll learn a simple way of understanding your nervous system, identify what may be filling your own **pain and stress bucket**, and begin creating a personal toolkit of realistic strategies that can support you on more difficult days.

We'll also explore **Somatic Breathwork** as one possible tool for working with the body and nervous system, and you'll be guided through a somatic breathwork experience during the session. There will be time for personal reflection and discussion throughout.

This isn't about promising to cure chronic pain or telling you what you *should* be doing. It's about helping you develop greater **clarity about what's happening, confidence in understanding your own body, and more choice about what might help you next.**

Saturday 24 October | 10:00am–12:30pm

Therapy@37, 37 The Strand, Exmouth EX8 1AQ | £15

If you have any queries or want to know more contact Claire on 07399 524303

Website: <https://yourlaunchpadtofreedom.com/breathworks/>

Facebook: <https://www.facebook.com/yourlaunchpadfreedom>

LinkedIn: <https://www.linkedin.com/in/claire-whittaker-2181032b0/>