

# Managing Pain during the COVID-19 outbreak

## Understanding Pain:

- [Retrain Pain lessons to better understand pain](#)
- [Is pain all in the mind?](#)

[Why things hurt TED Talk](#): this is a useful talk from an international pain specialist on how our body and mind combine to experience pain and how this can help us understand our own pain.

- [Brain-man Animation](#): chronic pain: a short illustrated film about how our mind and body interact and experience chronic pain.
- [Understanding pain in 5 minutes](#)
- [A 10 minute guide to understanding pain](#) and what to do about it
- [Back pain](#): separating fact from fiction

## Self-Management of Pain:

- [Live Well with Pain](#)
- [Struggling to be me with chronic pain](#): a personal insight into managing chronic pain
- [Tame the Beast](#)
- [Pain and Me](#)
- [23 and ½ hours](#): What is the single best thing we can do for our health?

## Activity and Pain:

- [NHS Fitness Suite Videos](#)
- [Exercise and Pain](#)
- [Movement and Pain](#)
- [Improve your Balance in Five Minutes](#)
- [The Cuppa Routine](#)
- [Keeping active at home during Covid19](#)

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