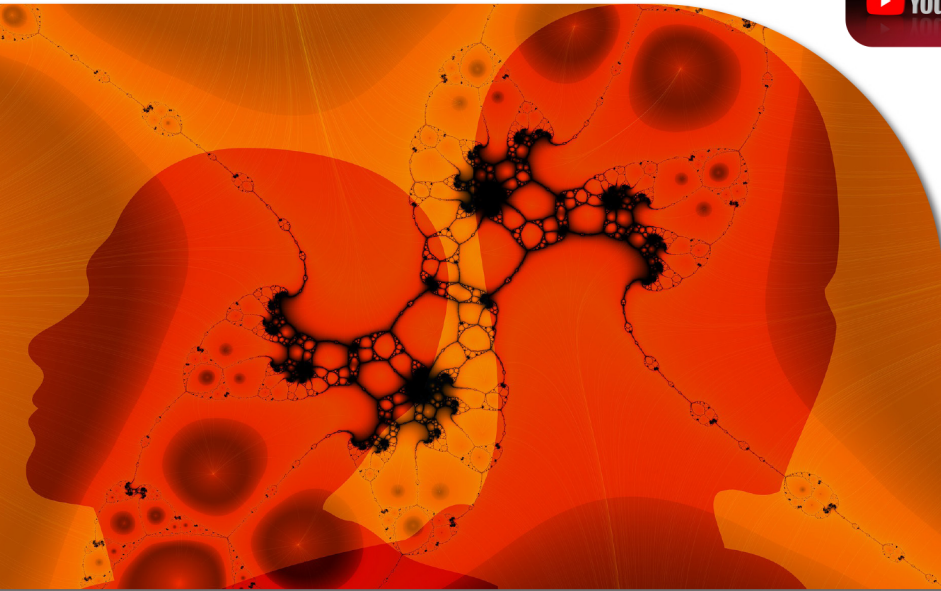
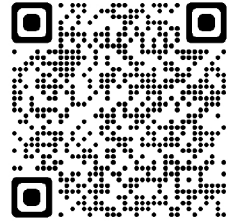


## Pain Management

Understanding Pain in less than 5 minutes,  
and what to do about it! (Scan the QR  
Code or visit this address:

[https://youtu.be/C\\_3phB93rvI](https://youtu.be/C_3phB93rvI)

Can you think of any more?



## Distraction Techniques

Reading	Doodling/Colouring
Gratitude Journals	Counting Backwards
Counting things around you e.g blue objects in room	Focus on your breathing
Happy Jar	<i>Add your own examples below</i>

