



Chronic pain affects 1 in 5 Australians aged over 45 years old, and those with chronic pain often rely on medication for relief. While many medications work to alleviate the pain, most are simply masking the symptoms and not addressing the cause. In this edition of our Health & Wellness Newsletter, we take a deeper look into more chronic (non-cancer) pain management strategies.

HEALTHY AGEING



Breaking the cycle of chronic pain: How exercise can help

Often, those with chronic pain expect exercise to exacerbate their pain - opting to avoid it entirely. These sedentary behaviours can affect a person's independence later in life by increasing their risk of falling, deteriorating mobility and disability. In many cases avoiding exercise also exacerbates postural, joint and muscular imbalance pain related to extended sitting.

Allied health professionals such as Physiotherapists and Exercise Physiologists are vital to helping people understand their pain and what can alleviate it. They work to reduce the person's fears around pain and educate them about their condition. These professionals encourage a person to take part in safe, beneficial physical activity, and build their confidence to allow them to live life to the fullest.

[Learn more](#)

EVENTS



Out of the Square Performance

17 March 2023

Have your clients heard of our **Out & About events**? These are open to all people in the over 50s community, to provide a new experience with social benefits.

We're going to The Parks Theatre to watch **Out of the Square Performance: Linda Ronstadt - Hitmaker**. You'll love Linda's story of how she became the woman with the Midas touch in music, and the wonderful songs she helped top the charts.

With morning tea at Queenie's Café and later lunch and dessert at the Birkenhead Tavern.

Cost \$104. Includes transport, theatre ticket, lunch and dessert (morning tea not included).

** Bring your Senior's Card on the day
** Minimum walking required

[Learn more](#)

NEWS

Short term Restorative Care



Breaking the cycle of fear: Hubcap's journey to pain-free exercise

When Hubcap entered our [Short Term Restorative Care program](#), he was moving around the house using a wheelchair due to chronic back, knee and ankle pain. When leaving his home, he would use walking sticks and needed to take rests regularly. He also suffered from high levels of anxiety and depression. A major part of his anxiety was a fear of exercising as he believed it would intensify his pain.

But Hubcap's motivation to exercise increased dramatically throughout the program, as he said that he was surprised to have no abnormal pain after exercising. By the end of the program he moved around the house with no walking aids and felt better physically and mentally.

[Read more >](#)



The power of positivity in managing chronic pain

Chronic pain is more than just a physical sensation. It's also an emotional one - having significant influence over a person's thoughts and moods.

[Research](#) led by the UNSW Sydney and NeuRA has revealed that those with chronic pain experience a reduction in the part of the brain that regulates emotions, meaning every emotion is "amplified".

This explains why negative emotions fuel the fire of pain - making it "feel" a lot worse. The opposite is also true; positivity can significantly lower pain when a person stops focusing on how bad they feel.

[Read more >](#)



Mind-body therapies help reframe pain response

Mind-body therapies can help reframe pain awareness and the response to it.

[Massage therapy](#), for example, prompts the body to reduce stress hormones and increase mood stabiliser hormones like serotonin and dopamine.

Other mind-body approaches include meditation, mindfulness, yoga, tai chi, and cognitive behavioural therapy (CBT) which are capable of addressing the brain-pain relationship.

While these techniques won't erase pain, they can help change the perception of pain intensity through distraction, relaxation, and reframing our thoughts.

[Learn more >](#)

Services tailored to those aged 50+

At Southern Cross Care, our clients are our number one priority. Whether they use our Health & Wellness Allied Health services, visit our Respite centres, undergo a Restorative Care Program or go on one of our exciting Out & About trips; our person-centred approach, ensures every client is supported in their journey to be Better for life.



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