

Psychological care alongside illness or pain

Psychological therapy does not imply that physical symptoms are imagined. It can support adjustment while respecting the medical reality.

WHAT THERAPY MAY ADDRESS

Illness and pain can affect far more than symptoms alone.

- Fear, uncertainty, grief, anger and changes in identity.
- Sleep, activity, relationships, work and treatment burden.
- Communication with family and health professionals.

CYCLES WORTH NOTICING

Stress, pain, fatigue, sleep and activity can affect one another without being the sole cause.

- Notice patterns without blaming yourself for symptoms.
- Look for all-or-nothing activity and recovery cycles.
- Identify what helps conserve energy or reduce avoidable distress.

MEANINGFUL ADJUSTMENT

Adjustment is not the same as liking or accepting every loss.

- Clarify what still matters under changed circumstances.
- Build activity within current capacity rather than an idealised baseline.
- Make room for grief while strengthening connection and purpose.

COORDINATED CARE

Psychology sits alongside appropriate medical assessment and treatment.

- Share relevant changes with the treating medical team.
- Clarify roles when several professionals are involved.
- Seek urgent medical or crisis care when the situation requires it.

Keep the resource in context

This resource is not medical advice and does not replace assessment or treatment from your medical team. New, severe or rapidly changing symptoms require appropriate medical review.