

# Resources

## Videos:

Understanding pain - <https://www.youtube.com/watch?v=jlwn9rC3rOI>

Understanding the Complexity of Pain - <https://www.youtube.com/watch?v=Zv6RPoVZx9M&feature=youtu.be>

How to make stress your friend - [https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend/transcript?language=en](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend/transcript?language=en)

What's the best diet? Healthy Eating 101 - <https://www.youtube.com/watch?v=fqhYBTg73fw>

The three components of self-compassion - [https://greatergood.berkeley.edu/video/item/the\\_three\\_components\\_of\\_self\\_compassion](https://greatergood.berkeley.edu/video/item/the_three_components_of_self_compassion)

How to be kinder to yourself - [https://www.youtube.com/watch?v=AyQdeYjXUHE&feature=emb\\_logo&utm\\_source=Greater+Good+Science+Center&utm\\_campaign=fdf695139c-EMAIL\\_CAMPAIGN\\_GG\\_Newsletter\\_Jan\\_23\\_2020&utm\\_medium=email&utm\\_term=0\\_5ae73e326e-fdf695139c-74369575](https://www.youtube.com/watch?v=AyQdeYjXUHE&feature=emb_logo&utm_source=Greater+Good+Science+Center&utm_campaign=fdf695139c-EMAIL_CAMPAIGN_GG_Newsletter_Jan_23_2020&utm_medium=email&utm_term=0_5ae73e326e-fdf695139c-74369575)

## Websites:

Chronic Pain questions to ask your health care providers to help you receive high-quality care - <https://www.hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-chronic-pain-patient-guide-en.pdf>

The Pain Care for Life Program - <https://lifeisnow.ca/>

Toronto Academic Pain Medicine Institute - <https://tapmipain.ca/patient/managing-my-pain/pain-education/pain-education3.html>

Mindful Leader - [https://www.mindfulleader.org/mbsr-training?gclid=Cj0KCQiAs5eCBhCBARIsAEhk4r4SKu9nM-fpriaFFg6FaG3eTIOaD8VtRtw04AgeGb7PPZT8SyEWHvAaAuPTEALw\\_wcB](https://www.mindfulleader.org/mbsr-training?gclid=Cj0KCQiAs5eCBhCBARIsAEhk4r4SKu9nM-fpriaFFg6FaG3eTIOaD8VtRtw04AgeGb7PPZT8SyEWHvAaAuPTEALw_wcB)

The Centre for Mindfulness Studies - <https://www.mindfulnessstudies.com/>

The Mindfulness Clinic - <https://www.themindfulnessclinic.ca/>

Meditation for Health - <http://meditationforhealth.com/>

CBT Associates - <https://www.cbtassociates.com/>

The Healing Pain podcasts - <https://www.integrativepainscienceinstitute.com/podcasts/>

BounceBack (mental health program - Ontario) - <https://bouncebackontario.ca/>

Togetherall (mental health community online) - <https://togetherall.com/en-gb/>

Self-Compassion Guided Practices and Exercises - <https://self-compassion.org/category/exercises/>

## **Books:**

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness (by Jon Kabat-Zinn)

The Pain Truth and Nothing But! (Book & workbook) (by Dr. Bahram Jam)

Radical Relief: A Guide to Overcome Chronic Pain (by Dr. Joe Tatta)

The Happiness Trap: How to stop struggling and start living: A guide to ACT (by Russ Harris)

Yoga and Science in Pain Care: Treating the Person in Pain (by Neil Pearson & Shelly Prosko)

The Proven power of being kind to yourself Self Compassion (by Kristin Neff)

The Happiness Equation (by Neil Pasricha)

Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind (by Judson Brewer)

***These are some resources that may help you continue along with your journey of managing chronic pain. I am not affiliated with, nor endorse, the above resources. Please use these resources at your own risk and discretion.***