

YOUR RESOURCE LIST FOR PAIN MANAGEMENT

Understanding persistent pain and having tools you can use to manage it will help you reduce pain and improve your quality of life. Many areas of life can be harnessed to help positively affect how pain is experienced and move you towards recovery.

UNDERSTANDING YOUR PAIN

Brainman: a set of clearly explained videos about why pain persists.

Tame the Beast: a video resource about pain and how to manage it.

Pain Chats: the journey starts here with your first steps.



MEDITATION / PAIN APPS

Curable App: provides evidence-based chronic pain lessons.

Calm App: sleep stories, guided meditation, guided breathing, soothing background sounds, body scanning.

Insight Timer: a huge library of free meditations. Free.

Smiling Mind: tools to help with mindfulness. Great for beginners. Free.



MINDFULNESS

A **free course in mindfulness** is offered by Monash University. Mindfulness training can help you use your own brain power to retrain your system. This online course is not specific to pain, but it can be helpful for pain sufferers.



BOOKS

The Way Out: a mind-body protocol to heal chronic pain, backed by new research.

The Pain Management Workbook: change your brain, change your pain with this powerful, evidence-based workbook.

