

	PAIN RESOURCES	INFORMATION
Pain Management Books	<p>The Pain Survival Guide – F Winter & D Turk</p> <p>Living Beyond Your Pain – J Dahl</p> <p>The Fibromyalgia Help Book – J Fransen & I. Jon Russell</p> <p>Free comic book explains chronic pain (Online)</p>	<p>Pain management books we recommend</p> <p>Comic book: http://www.paininmotion.be/storage/app/media/materials/oct-18/A%20JOURNEY%20TO%20LEARN%20ABOUT%20PAIN_FINAL.pdf</p>
Pain BC	<p>www.painbc.ca</p> <p>https://www.youtube.com/user/PainBC</p>	<p>Excellent pain management resources</p> <p>Inspiring gentle movement at home videos</p>
Chronic Pain Web Resources	<p>Fibromyalgia & Chronic Pain Association (USA- great info)</p> <p>The American Chronic Pain Association (USA)</p> <p>Arthritis Society (Canadian resource)</p> <p>Kelty's Key – select “Chronic Pain” (Canadian - BC)</p> <p>TAPMI Pain U online (Canadian - Ontario) Free course on chronic pain</p> <p>Retrain pain (Worldwide) Webinars & workshops on Managing Pain, fatigue, MH</p> <p>Living Well Chronic Pain Self-management via ZOOM</p>	<p>www.fmcpaware.org</p> <p>www.theacpa.org</p> <p>https://www.keltyskey.com/courses/chronic-pain/</p> <p>http://tapmipain.ca/patient/managing-my-pain/pain-u-online/#/</p> <p>www.retrainpain.org</p> <p>Email: danielled@kchc.ca / 613-484-8072</p>
Pain Management You Tube Videos	<p>Understanding Pain: What to do about it in less than five minutes</p> <p>Brief. Educational. Enjoyable. A great introduction.</p>	<p>https://www.bing.com/videos/search?q=learn+to+manage+pain+5+minutes+youtube&view=detail&mid=DCDF1E1C4A8B11770880DCD1E1C4A8B11770880&FORM=VIRE</p>
	<p>Lorimer Moseley – Tame the beast – animated video</p> <p>Lorimer Moseley - Why Things Hurt Chronic pain can be daunting. This overview of chronic pain using everyday language is highly recommended.</p> <p>Dr Howard Schubiner: the role of stress in creating learned nerve pathways that cause pain</p>	<p>www.tamethebeast.org</p> <p>https://www.youtube.com/watch?v=nifGFtuVkJkC</p> <p>https://www.youtube.com/watch?v=XM5hdIEOSFM</p> <p>https://www.youtube.com/watch?v=D36yy63CHq4</p>
Relaxation Skills Mindfulness Meditation	<p>Breathe2Relax / Insight Timer/ TakeABreak/ Headspace Offer guided deep breathing and/or meditation exercises</p>	<p>Google these apps and they will pop up</p>
	<p>CAMH – free mindful pause in nature module</p> <p>Calm – free guided meditations</p> <p>Smiling Mind – free meditations</p> <p>Mindful Magazine – offering free guided meditations</p>	<p>https://moodlemedia.camhx.ca/pe/story.html</p> <p>www.calm.com</p> <p>www.smilingmind.com.au</p> <p>www.mindful.org</p>
Communication Tools	<p>American Chronic Pain Association</p> <ul style="list-style-type: none"> theacpa.org/Communication-Tools www.back.com / tools-resources www.nia.nih.gov/health 	<p>These websites all provide helpful information and interactive tools to help you talk to your doctors about your chronic pain condition.</p>
Pain Management Apps	<ul style="list-style-type: none"> Manage My Pain Catch My Pain Chronic Pain Coach WebMD Pain Coach 	<p>Free pain apps that allow you to track pain symptoms, pain triggers, mood, activity levels, treatments etc.</p>
Podcasts	<ul style="list-style-type: none"> UK Podcasts on topics related to chronic pain Pain Waves (Pain BC) 	<p>http://www.paincd.org.uk/listen</p> <p>https://www.spreaker.com/show/pain-waves</p>
Testimonials	<p>Hear from others with chronic pain</p>	<p>www.liveplanbe.ca/real-stories</p>
Physiotherapy	<p>OHIP covered physiotherapy clinics</p>	<p>https://www.southeasthealthline.ca/listServices.aspx?id=11019</p>