



## Handling Difficult Emotions Articles

1. TaraBrach.com: [Handling Emotions with RAIN: Recognize, Allow, Investigate, Nurture and PDF on RAIN](#)
2. US Pain Foundation: [Mental Health: Strategies and Treatments](#)
3. American Psychological Association: [Managing Chronic Pain: How Psychologists can Help with Pain Management](#)
4. US Pain Foundation: [Storm of Pain](#)
5. PsychCentral: [7 Evidence-Based Strategies to Manage Emotional Pain](#)
6. HealthTalk.org: [Coping with the Emotional Impact of Chronic Pain](#)
7. Psychology Today: [21 Tips from 21 Years Sick \(part 1\)](#)
8. Healthline.com: [For Pain Patients, the Physical and Emotional are Intertwined](#)
9. MindfulnessBasedHappiness.com: [The Guest House by J. Rumi: an Analysis](#)
10. Pathways.health: [How to Mentally Cope with Chronic Pain](#)
11. US Pain Foundation on YouTube: [Art Therapy: Giving Chronic Pain a Voice Through Creative Expression](#)
12. Sciencealert.com: [Living with Chronic Pain can Disrupt Your Emotions at a Chemical Level, Study Hints](#)
13. Sleep Foundation: [Pain and Sleep](#)