



Acceptance and Reinventing Yourself Articles

April 2023

1. Psych Central: [8 Ways to Live with a Chronic Illness](#)
2. Psychology Today: [Accept Your Pain; It Will Hurt Less](#)
3. NSW Australia: [Coming to Terms with Your Pain](#)
NSW Australia: [Adjusting to the New You Worksheet](#)
4. Tiny Buddha: [5 Steps to Reinvent Yourself](#)
5. Tiny Buddha: [5 Principles to Live by When Life Doesn't Go Your Way](#)
6. Psychology Today: [How to Move from Resignation to Acceptance](#)
7. VeryWellMind: [What is Radical Acceptance?](#)
8. Tiny Buddha: [How to Get Through Hard Times by Throwing Yourself into a Hobby](#)
9. Psychology Today: [Silver Linings of Life with a Chronic Illness](#)
10. Psychology Today: [Disability and Equanimity Need Not Be Mutually Exclusive](#)
11. Psychology Today: [7 Tips for Making Peace with Chronic Pain and Illness](#)