



Resilience and Rolling with the Punches

June 2023

1. US Pain Invisible Project: [Exploring Ways to Increase Pain Resilience](#)
2. University of Michigan: [Resilience](#)
3. Arthritis Life YouTube: [How to Build Resilience...with Chronic Pain...](#)
podcast audio: [How to Build Resilience While Living with Chronic Pain...](#)
4. YouTube: [The Three Secrets of Resilient People TEDx Talk](#)
5. Psychology Today - [Resilience: What It Is and Why We Need It](#)
6. Mayo Clinic: [Build Skills to Endurance Hardship](#)
7. Greater Good: [How to Hardwire Resilience into Your Brain](#)