



## Rest and Restore Resources

December 2023

1. Ideas.TED.com: [The 7 Types of Rest that Every Person Needs](#)  
The author's TED talk video: [The Real Reason Why We are Tired and What to do...](#)
2. US Pain Foundation: [Finding Balance between Exercise and Rest with Chronic Pain](#)
3. Psychology Today: [When our Chronically Ill Bodies Say "Rest" Why Don't We?](#)
4. The Mighty: [How to 'Power Up' using Strategic Rest in Life with Chronic Illness](#)

### Resources for Friends and Family of People with Pain

1. Mayo Clinic: [How to Support a Loved One with Chronic Pain](#)
2. Creaky Joints: [How You Can Support Someone with a Chronic Illness...](#)