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...