Acknowledge – Adapt – Accept Resources

March 2024

Acknowledge

1. Anxiety & Depression Assoc of America: Living with Chronic Illness
2. American Psychological Assoc: Coping with a Diagnosis of Chronic Illness
3. Psych Central: 8 Ways to Live with a Chronic Illness

Adapt

1. US Pain YouTube Webinar: Turning Lemons into Lemonade... Resilience
2. Psychology Today: 7 Tips for Making Peace with Chronic Pain and Illness
3. Psychology Today: A Not-To-Do List for the Chronically Ill

Accept

1. Psychology Today: Radically Accepting Chronic Pain
2. Psychology Today: Accept Your Pain; It Will Hurt Less
3. Psychology Today: The Dialectic of Pain: Synthesizing Acceptance and Change