



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](#)
4. The Mighty: [What a Pool Noodle Taught Me about Adapting to Changing Health Needs](#)

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](#)
4. Stat News: [Five Things I Wish I Knew Earlier in my Journey with Chronic Pain](#)