Finding Purpose Resources

1. Northern Pain Centre AU: Chronic Pain, Work, Purpose, Meaning and Connection
2. US Pain Foundation: Ways to Advocate for our Pain Community
3. US Pain Foundation: Turning Your Pain Into Purpose
4. Creaky Joints: Six Steps to Finding Joy While Living with a Chronic Illness
5. Psychology Today: How Creating a Sense of Purpose Can Impact Your Mental Health
6. Northern Pain Centre: Chronic Pain, Changing Roles and Identity
7. Return to Wellness: How to Have a Life Purpose When Living with Chronic Illness
8. The Health Sessions: Your Guide to Finding New Meaning When Chronic Illness Turns Life Upside Down
10. US Pain Foundation: Volunteer – You Can Do it from Home