



Finding Purpose Resources

April 2024

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](#)
9. Psychology Today: [Finding Purpose in Your Pain](#)
10. US Pain Foundation: [Volunteer – You Can Do it from Home](#)