



US Pain YouTube Meditation & Toolbox Links

May 2024

1. US Pain Foundation YouTube: [Channel for Resources and Webinars](#)

Meditations

2. [Mountain Meditation - For Relaxing with Self-compassion](#) 6:57
3. [Healing Light, Relaxing and Being Restored Meditation](#) 9:08
4. [Leaves on a Stream Meditation](#) 6:41
5. [Loving-kindness and Acceptance Meditation](#) 7:04

Toolbox Speaker Series – Learning a New Skill for Managing Pain

6. [Qi Gong: a Self-management Strategy for Managing Pain Toolbox Series](#) 11:08
7. [Chair Yoga or Gentle Chair Movements Toolbox Series](#) 36:57
8. [The Importance of Breath Toolbox series](#) 31:58
9. [Massage and Self-care Toolbox Series](#) 42:35
10. [The Importance of Writing Toolbox series](#) 35:38
11. [Developing a Morning Wellness Routine Toolbox](#) 22:34