



Prioritize Me Resources

September 2024

Pain Awareness Month #SolvePainTogether

1. University at Buffalo: [Developing Your Support System](#)
2. Holland Hospital: [Self-care Strategies for Relieving Chronic Pain](#)
3. PsychAlive: [Healthy Relationships Matter More than We Think](#)
4. Creaky Joints: [Self-Love and Self-Care: What Chronic Illness Taught Me About Both](#)
5. Pain Chats: [Self-Compassion, Self-Care and Persisting Pain](#)
6. Psychology Today: [When Our Chronically Ill Bodies Say "Rest," Why Don't We?](#)
7. University at Buffalo: [Developing Your Self-Care Plan](#)
8. NIMH.NIH.gov: [Caring for Your Mental Health](#)
9. University at Buffalo: [Self-Care Assessment](#)
10. VeryWellMind: [5 Types of Self-care for Every Area of Your Life](#)