



## Staying Connected Resources

November 2024

1. Greater Good Magazine: [How Feeling Socially Connected Can Help with Chronic Pain](#)
2. Psychology Today: [Chronic Illness and Friendship](#)
3. Atlas Pain Specialists: [The Role of Support Systems in Pain Management](#)
4. WebMD: [How to Keep Your Relationship Strong Despite a Chronic Condition](#)
5. Creaky Joints: [I Am Not a Burden...Even Though Dating Makes Me Feel Like I Am](#)
6. St Bonaventure University: [Coping with Isolation: 25 Strategies for... Mental Health](#)
7. Psychology Today: [What Happens When Partners Fight Chronic Pain Together?](#)
8. Utah State University: [Why is it so Hard to Communicate about Pain?](#)
9. Northern Pain Centre (Australia): [Chronic Pain and Relationships](#)
10. Self.com: [How to Deal If You Have a Chronic Illness and Your Friends Just Don't Get It](#)
11. Mayo Clinic: [Chronic Pain or Illness: Relationships and Communication](#)
12. Psychology Today: [The Burdens Posed by Invisible Physical and Mental Illness](#)