



Getting Back to Basics Resources

January 2025

1. Louisiana Pain Care: [7 Effective Daily Habits to Ease Chronic Pain](#)
2. Northern Pain Centre: [12 Quick Tips for Planning Your Day with Chronic Pain](#)
3. Flourish Wellness Center: [The Role of Accountability in Achieving Health Goals](#)
4. Sleep Foundation: [What is Non-Sleep Deep Rest \(NSDR\)](#)
5. US Pain Foundation: [How Expressive Writing Helped Me Confront My Pain](#)
6. Self: [How to Keep Your Creativity Alive When You Have a Chronic Illness](#)
7. Creaky Joints: [Rest, Relax, Renew: 3 Practices You Can Follow to Restore Calm and Quell Anxiety](#)
8. Psychology Today: [When Our Chronically Ill Bodies Say “Rest,” Why Don’t We?](#)
9. MEDPAGE Today, CDC Data: [Chronic Pain is Rising and It’s Not Clear Why](#)
10. National Institutes of Health: [NIH adds funds to long COVID research](#)
11. www.mypaintrainer.org

final