

Fatigue & Relaxation- Resources

Fatigue

HealthCentral- [5 Ways to Deal with Fatigue When You Have Chronic Pain](#)

The Mighty- [27 Products That Can Make Sleeping Easier If You Have ...](#)

Harvard Health- [Boosting Energy & Managing Fatigue](#)

Precision Pain Care- [Living With And Beyond The Fatigue That Accompanies ...](#)

Verywell Health- [Pacing Yourself Can Help With Chronic Pain and Fatigue](#)

Creaky Joints- [Get Motivated to Exercise When You Have Fatigue from ...](#)

Relaxation

Pain Management Network- [Segment 5 - Relaxation techniques and mindfulness | Pain ...](#)

Calm- [How to regulate your nervous system and restore calm](#)

Creative Solutions- [7 Healing Affirmations for Chronic Pain/Illness » Ways to Cope](#)

Parkinson's Foundation- [A Beginner's Guide to Managing Pain Through Mindfulness](#)

More Than Lupus- [How the Arts Can Help With Chronic Pain](#)

YouTube- [ASMR for PAIN RELIEF | Helping You Feel Better \(No Music\)](#)

“ASMR, or Autonomous Sensory Meridian Response, can be a valuable tool for relaxation and pain management, particularly for chronic pain, by promoting a sense of calm and potentially reducing discomfort through gentle sounds, visuals, and tactile experiences.”

I embrace moments of rest and relaxation, knowing that they are essential for my well-being.