



## **Resources for Making Decisions**

American Psychological Association- [Coping with chronic pain - American Psychological Association ...](#)

PainScale- [Deciding to Use a Mobility Device](#)

painHealth- [Mindfulness and Pain - Pain Management](#)

Arthritis Foundation- [Make Time for Self-Care](#)

Atlas Pain Specialists- [The Role of Self-Care in Pain Management](#)

Center for Pain Management- [7 Reasons Social Support is Vital in Chronic Pain Management](#)

Meg Foundation- [Ways that Living with Chronic Pain Changed My Life: Lessons...](#)

Pain Treatment Centers of America- [How to Create a Pain Management Plan](#)

HealthCentral- [How to Save Cash on Your Chronic Care](#)

Psychology Today- [Say It Better: How to Talk About Pain](#)

IC Network- [The Benefits of Gratitude for Pain Management](#)

Substack- [A beginner's mind helps you understand and overcome chronic pain](#)

Mary Oliver- [The Journey](#)

YouTube- 5 Minute Sound Bath | Sound Healing Vibes For Relaxation & Stress Relief

YouTube- Mindfulness Meditation with Nature Sounds (5 minutes)