



Connection to Self-Resources

Mayo Clinic- [Chronic pain: Take steps to regain your life](#)

Dayton Outpatient Center- [The Connection Between Pain and Mental Health](#)

Must Love Garlic (peer w/ lived experience article)- [Living with Chronic Pain & Illness: Lessons Learned and ...](#)

Calm- [10 mindfulness questions to help you check in with yourself](#)

PainGuide-Afton Hassett- [Resilience | PainGuide | University of Michigan](#)

Verywell Health- [Grounding: How It Works and Possible Benefits](#)

Parkinson's News Today- [Trying On a Different Identity Helps Me Fight Chronic Disease](#)

Northern Pain Centre- [Chronic Pain, Changing Roles and Identity](#)

Healthline- [Pain Levels and Time of Day](#)

Experia USA- [Does A Sensory Diet Help With Pain Management?](#)

[Migraine.com](#)- [Journal Prompts for Chronic Pain](#)

Psychology Today- [How to Be Kind to Yourself Even With a Chronic Illness](#)

YouTube- How to Tap with Jessica Ortner: Emotional Freedom Technique Informational Video

YouTube- 10-Minute Guided Meditation: Self-Love | SELF

"I like who I am. I am enough just the way I am."