



Resources for Stigma

- 1.) MedCentral- [Stigma Adds to the Burden of Lived Chronic Pain - MedCentral](#)
- 2.) HHS- [Fact Sheet: Stigma](#)
- 3.) AUT- [Treating the stigma of chronic pain](#)
- 4.) Psychology Today- [6 Ways to Handle the Stigma of Chronic Pain and Illness](#)
- 5.) The Journal of Pain- [Racial and Ethnic Disparities in Pain: Causes and ...](#)
- 6.) CreakyJoints- [Chronic Pain and Gender Identity: Finding My True Self](#)
- 7.) UW Department of Family Med- [Stigma and Chronic Pain - UW Department of Family Medicine](#)
- 8.) YouTube- 5 Minute Inner Peace Guided Meditation
- 9.) WordPress- [Just For Now: A Poem For Savasana - Karmic Seeds Yoga](#)
- 10.) Alis Behavioral Health- [Emotional Coping Strategies for Chronic Pain](#)

My peace is more powerful than my pain.

My body is capable of healing.

I am always doing the best I can.

I deserve love and compassion.