



## **Resources-Resilience-Rolling with the Punches**

**Number Analytics-** [Building Resilience in Chronic Pain](#)

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

**Intronix Tech-** [Adapt Your Home for Chronic Pain: 10 Practical Tips](#)

**University of California-Davis Health-** [Pain Self-Management Strategies](#)

**Moving Lymph-** [Self-Care: The Essential Key to Chronic Pain Management](#)

**Pain Scale-** [9 Tips for Optimizing Work Productivity While Living With ...](#)

**Global Lyme Alliance-** [Tips for Time Management When Living with Chronic Illness](#)

**Insight Timer-** [Affirmations For Breaking Through Chronic Pain | Alec Kassin](#)

**Everyday Health-** [A Guide to Facing Life's Challenges, Adversities, and Crises](#)

**Mental Health America-** [6 ways to practice self-compassion - MHA Screening](#)

**Kinnection-** [Study: Mindset and Resilience in Chronic Pain](#)

**YouTube-** 5-minute Guided Meditation with Jon Kabat-Zinn

**Youtube-** Positive Affirmations for Resilience

***“With the new day comes new strength and new thoughts.” - Eleanor Roosevelt***