



Communicating Our Needs- Resources

Overcoming Pain- [Ten Tips For Communicating With A Person Suffering From ...](#)

Live Well With Pain- [Communication](#)

ScienceDirect- [Tell me your dreams and goals: Structuring communication ...](#)

Harvard Business Review- [When Someone on Your Team Has Chronic Pain](#)

Kennedy Krieger Institute- [Guide for Working With Students With Chronic Pain](#)

APICO PAIN MANAGEMENT- [How to Talk About Chronic Pain with Friends, Family, or ...](#)

Greater Austin Pain- [Why Open Communication Is Important When Working ...](#)

Veterans Affairs- [Communicating about Chronic Pain](#)

Northern Pain Centre- [12 Quick Tips for Planning Your Day with Chronic Pain](#)

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

Young Pain Health- [Mindfulness and pain](#)

YouTube- 5 Minute Self Compassion Guided Meditation | Loving

YouTube- [LIVE AWAKE-CHOOSING HARMONY](#)