



Creativity & Celebrations- Resources

Harvard Health- [Art therapy: Another way to help manage pain](#)

Creaky Joints- [How Chronic Illness Patients Show Themselves Self-Love](#)

PainScale- [Using Creative Outlets to Deal With Chronic Pain](#)

Whole Body Psychiatry- [Holiday Self-Care Tips for Patients with Chronic Pain or ...](#)

Lindsay Voorhees- [Exploring Creativity & Chronic Illness with Artist Alex Hamm](#)

Well Doing- [4 Ways to Craft Comfort When Living with Chronic Illness](#)

KeepingItZen- [Why Small Wins Matter When You Live with a Chronic Illness](#)

Alissa Wolfe- [9 Chronic Pain Hacks to Make Life Simpler](#)

Finding Ever After- [Celebrating Small Victories: Chronic Illness & Tiny Wins](#)

University of Florida- [Managing Pain Through Journaling](#)

YouTube- **Health Hack: Creative Pathways--Harnessing creativity to manage chronic pain**

Ahead App- [7 Artful Mindfulness Exercises for Chronic Pain Management](#)

YouTube- **Acknowledging your achievements | 5 Minute Guided Meditation**

YouTube- **Celebrating Your Wins: A Guided Meditation for Self-Acknowledgment and Gratitude**