



Acceptance and Reinventing Ourselves Resources

June 2026

1. Psychology Today: [Radically Accepting Chronic Pain](#)
2. Psychology Today: [7 Tips for Making Peace with Chronic Pain and Illness](#)
3. US Pain YouTube Webinar: [Turning Lemons into Lemonade...Resilience](#)
4. US Pain Foundation: [Stages of Acceptance: the Mental Health Impact of Acute Pain that Becomes Chronic](#)
5. American Psychological Assoc: [Coping with a Diagnosis of Chronic Illness](#)
6. Stat News: [Five Things I Wish I Knew Earlier in my Journey with Chronic Pain](#)
7. Psychology Today: [A Not-To-Do List for the Chronically Ill](#)
8. Psych Central: [8 Ways to Live with a Chronic Illness](#)
9. NSW Australia: [Coming to Terms with Your Pain](#)
10. Tiny Buddha: [5 Steps to Reinvent Yourself](#)
11. Psychology Today: [How to Move from Resignation to Acceptance](#)
12. Anxiety & Depression Assoc of America: [Living with Chronic Illness](#)
13. Psychology Today: [Accept Your Pain; It Will Hurt Less](#)
14. Bezy BC: [8 Steps to Accept the Things You Can't Fix About Chronic Illness](#)