

Pain-Based Resources\*

<b>Self-Managing Pain</b>	
Self-massage strategies	<a href="https://backintelligence.com/self-massage-techniques/">https://backintelligence.com/self-massage-techniques/</a>
Slowly increasing one's activity, known as pacing	<a href="https://painhealth.csse.uwa.edu.au/pain-module/pacing-and-goal-setting/">https://painhealth.csse.uwa.edu.au/pain-module/pacing-and-goal-setting/</a>
Muscle relaxation techniques	<a href="https://www.painmanagement.org.au/2014-09-11-13-35-53/2014-09-11-13-36-47/176-progressive-muscle-relaxation.html">https://www.painmanagement.org.au/2014-09-11-13-35-53/2014-09-11-13-36-47/176-progressive-muscle-relaxation.html</a>
Mindfulness activity	<a href="https://www.uclahealth.org/marc/body.cfm?id=22&amp;iirf_redirect=1">https://www.uclahealth.org/marc/body.cfm?id=22&amp;iirf_redirect=1</a>
Distraction technique	<a href="https://healthtalk.org/chronic-pain/pain-management-relaxation-and-distraction">https://healthtalk.org/chronic-pain/pain-management-relaxation-and-distraction</a>
<b>Self-Guided Therapeutic Resources</b>	
Cognitive Behavioral Therapy	Online Resource (Free): <a href="https://www.cbt.drwilderman.com/index.html">https://www.cbt.drwilderman.com/index.html</a>  App (Free): <a href="https://www.youtube.com/watch?v=Bd_iJWo86s">https://www.youtube.com/watch?v=Bd_iJWo86s</a>
Acceptance Commitment Therapy	Online Resource (Free): <a href="https://www.practicalpainmanagement.com/patient/treatments/mental-and-emotional-therapy/learn-practice-cbt-act-home">https://www.practicalpainmanagement.com/patient/treatments/mental-and-emotional-therapy/learn-practice-cbt-act-home</a>  App (Free): <a href="https://www.ptsd.va.gov/appvid/mobile/actcoach_app_public.asp">https://www.ptsd.va.gov/appvid/mobile/actcoach_app_public.asp</a>
<b>Support Groups</b>	
Online Support Groups	<a href="https://chronicpainanonymous.org/find-meetings/online-meetings/">https://chronicpainanonymous.org/find-meetings/online-meetings/</a>
Call-In Support Groups	<a href="https://painconnection.org/support-groups/">https://painconnection.org/support-groups/</a>
Local Support Groups	<a href="https://painconnection.org/support-groups/">https://painconnection.org/support-groups/</a>

\*Therapeutic resources provided are for self-management, and are not considered superior to the guided support of a licensed professional

<p>On a scale of 0 to 10, how <b>IMPORTANT</b> is it for you right now to change?</p>	
<p>0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10</p>	
<p>Not at all</p>	<p>Extremely</p>
<p>Important</p>	<p>Important</p>
<hr/> <p>On a scale of 0 to 10, how <b>CONFIDENT</b> are you that you could make this change?</p>	
<p>0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10</p>	
<p>Not at all</p>	<p>Extremely</p>
<p>Confident</p>	<p>Confident</p>