

Patient Pain and Anxiety Education Resources

Wise thoughts about pain and pain management. Think about these mantras and return to them as needed.

- *I can be changed by what happens to me, but I refuse to be reduced by it.* ~ Maya Angelou
- *I am not what happened to me; I am what I choose to become.* ~Carl Jung
- *Life is ten percent what you experience and ninety percent how you respond to it.*
~Dorothy Neddermeyer
- *Some of us think holding on makes us strong; but sometimes it is letting go.* ~ Herman Hesse
- *Life isn't about waiting for the storm to pass; it's about learning to dance in the rain.* ~Vivian Greene
- *You are responsible for your life. You can't keep blaming someone else for your dysfunction. Life is really about moving on.* ~ Oprah Winfrey
- If you can distinguish between pain and suffering, change is possible.
- Gratitude changes your attitude (let others help you).

Videos

<i>Title</i>	<i>Author</i>	<i>Link</i>
The Mystery of Chronic Pain	Elliot Krane	https://www.ted.com/talks/elliot_krane_the_mystery_of_chronic_pain
This Deceptively Cute Animation Illustrates the Horrors of Addiction (Nuggets)	Filmbilder & Friends	https://gizmodo.com/this-deceptively-cute-animation-illustrates-the-horrors-1661191621
This Could be Why You're Depressed or Anxious	Johann Hari	https://www.ted.com/talks/johann_hari_this_could_be_why_you_re_depressed_or_anxious
Buck (2011 documentary film about trauma)	IFCFilms	Trailer for film: https://www.youtube.com/watch?v=3eB263Go2_4
Ordinary People (1980 film)	Robert Redford	Streaming on Amazon Prime Trailer: https://www.youtube.com/watch?v=BdjlLq1tgmU
Oprah Winfrey Life Class-Pain	Iyanla Vanzant	https://www.youtube.com/watch?v=xk6DTEK02CE
Oprah Winfrey Life Class-Get Unstuck from your Story	Iyanla Vanzant	https://www.oprah.com/oprahs-lifeclass/how-to-get-unstuck-from-your-story-video

Stop It (intrusive thoughts)	Bob Newhart	https://www.youtube.com/watch?v=Ow0lr63y4Mw
As Prescribed	Holly Hardman	https://www.asprescribedfilm.com/
60 Minutes on Mindfulness	Anderson Cooper and Jon Zinn	https://www.youtube.com/watch?v=ozyr7jVucz0
30 Minute Meditation for Healing Negative Childhood Wounds: Breathing Away the Pain	Lisa Romano	https://www.youtube.com/watch?v=WxzreQ7Svo0

Articles (*NY Times Articles require subscription after 5 free reads, see page 4 for embedded documents)

Title	Author	Link
The Pain that Can't Be Seen	Linda Geddes	https://www.theguardian.com/australia-news/2021/jun/28/sufferers-of-chronic-pain-have-long-been-told-its-all-in-their-head-we-now-know-thats-wrong?utm_term=51608d6b380fe6a9b8d4ea496c78f160&utm_campaign=GuardianTodayUS&utm_source=esp&utm_medium=Email&CMP=GT_US_email
For Some with chronic pain, the problem is not their backs or knees but their brains	Lenny Bernstein	https://www.washingtonpost.com/national/health-science/for-some-with-chronic-pain-the-problem-is-not-in-their-backs-or-knees-but-their-brains/2019/09/23/80538660-5d5c-11e9-842d-7d3ed7eb3957_story.html
If 'Pain Is an Opinion,' There Are Ways to Change Your Mind	Austin Frakt*	https://www.nytimes.com/2019/12/02/upshot/pain-and-the-mind.html?algo=identity&fallback=false&imp_id=571767021&imp_id=783247580&action=click&module=Science%20%20Technology&pgtype=Homepage
'On That Edge of Fear': One Woman's Struggle with Sickle Cell Pain	John Eligon*	https://www.nytimes.com/2021/05/30/us/sickle-cell-black-women.html
The Poison We Pick	Andrew Sullivan*	http://nymag.com/daily/intelligencer/2018/02/americas-opioid-epidemic.html
Alternatives to Drugs for Treating Pain	Jane Brody*	https://www.nytimes.com/2017/09/11/well/alternatives-to-drugs-for-treating-pain.html
Can Family Secrets Make You Sick?	Laura Starcheski	https://www.npr.org/sections/health-shots/2015/03/02/377569413/can-family-secrets-make-you-sick/
How to Boost Resilience in Midlife	Tara Parker-Pope*	https://www.nytimes.com/2017/07/25/well/mind/how-to-boost-resilience-in-midlife.html?mc=aud_dev&mcid=fb-nytimes&mccr=MarLLAPP&mcdt=2018-03&subid=MarLLAPP&ad-keywords=AudDevGate

Is America Creating an Anti-Resilient Society?	Lee Habeeb	https://www.newsweek.com/america-creating-anti-resilient-society-1652573
At Aetna: A CEOs Management by Mantras	David Gelles*	http://mobile.nytimes.com/2015/03/01/business/at-aetna-a-ceos-management-by-mantra.html
How Medication Changes the Brain and the Body	Gretchen Reynolds*	http://mobile.nytimes.com/blogs/well/2016/02/18/contemplation-therapy/
Harvard Neuroscientist: Meditation Not Only Reduces Stress, here's How it Changes Your Brain	Brigid Schulte	https://www.washingtonpost.com/news/inspired-life/wp/2015/05/26/harvard-neuroscientist-meditation-not-only-reduces-stress-it-literally-changes-your-brain/
How to Meditate	David Gelles	https://www.nytimes.com/guides/well/how-to-meditate







Books

<i>Title</i>	<i>Author</i>	<i>Link</i>
What My Bones Know: A Memoir of Healing from Complex Trauma	Stephanie Foo	https://www.goodreads.com/book/show/58214328-what-my-bones-know
Unlearn Your Pain	Dr. Howard Schubiner	https://unlearnyourpain.com/
On Purpose: Lessons in Life and Health from the Frog, the Dung Beetle and Julia	Victor Strecher	https://www.amazon.com/Purpose-Victor-J-Strecher/dp/1940594014
Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain	JoAnne Dahl and Tobias Lundgren	https://www.amazon.com/Living-Beyond-Your-Pain-Acceptance/dp/1572244097
The Pain Management Workbook: Powerful CBT and Mindfulness Skills to Take Control of Pain and Reclaim Your Life	Rachel Zoffness	https://www.amazon.com/Pain-Management-Workbook-Powerful-Mindfulness/dp/1684036445/ref=pd_lpo_2?pd_rd_i=1684036445&psc=1
The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management	Jackie Gardner-Nix	https://www.amazon.com/Mindfulness-Solution-Pain-Step-Step/dp/1572245816

Therapy Resources

<i>Organization Name</i>	<i>What they do</i>	<i>Link</i>
The DOC Journey	Personalized pain coaching	https://www.thedocjourney.com/
Psychology Today	Find local therapists and psychologists	https://www.psychologytoday.com/us/therapists
CBT (Cognitive Behavioral Therapy) For Insomnia	Sleep education and CBT	https://www.cbtforinsomnia.com/
Better Help	Personal remote counseling	https://www.betterhelp.com/?=oth-44477-betterhelp
IFS Institute	Internal family systems model treatment	https://ifs-institute.com/resources/articles/internal-family-systems-model-outline
Palou Mindfulness	Mindfulness based stress reduction class	https://palousemindfulness.com/
Kumanu	Purpose-centered wellbeing	https://www.kumanu.com/

Embedded NY Times Articles: Double click icon to open

<i>Title</i>	<i>Author</i>	<i>Document</i>
If 'Pain Is an Opinion,' There Are Ways to Change Your Mind	Austin Frakt	 If 'Pain Is an Opinion,' There Are Ways to Ch
'On That Edge of Fear': One Woman's Struggle with Sickle Cell Pain	John Eligon	 'On That Edge of Fear'_ One Woman's S
Alternatives to Drugs for Treating Pain	Jane Brody	 Alternatives to Drugs for Treating Pain - The
How to Boost Resilience in Midlife	Tara Parker-Pope	 How to Build Resilience in Midlife -
At Aetna: A CEOs Management by Mantras	David Gelles	 At Aetna, a C.E.O.'s Management by Man
How Medication Changes the Brain and the Body	Gretchen Reynolds	 How Meditation Changes the Brain anc