



Resources for Managing Chronic Pain & Mental Health

Understanding Pain and Self-Management

- Pain U, Toronto Academic Pain Medicine Institute
tapmipain.ca/patient/managing-my-pain/pain-u-online/pain-education.html
- Live Plan Be, Pain BC™
liveplanbe.ca/pain-education
- Online Chronic Disease Self-Management Program of Ontario
selfmanagementontario.ca
- Brainman: Understanding pain and what to do about it., Hunter Integrated Pain Service (HIPS)
hnehealth.nsw.gov.au/Pain/Pages/Brainman-Videos.aspx

Movement and Exercise

- Flourish, Arthritis Society of Canada
arthritis.ca/living-well?pillar=/Living-Well/Stronger-Together
- Live Plan Be: Paced Activities, Pain BC™
liveplanbe.ca/pain-education/paced-activities
- Positions of Relief, Stretches and Exercises, ISAEC, University Health Network
isaec.org/exercise-videos.html
- Healthsteps™ App
healthsteps.ca
- Physical Activity for Everyone, HealthLink BC
healthlinkbc.ca/physical-activity

Mental Health

- Togetherall
togetherall.com
- BounceBack®, Canadian Mental Health Association (CMHA) Ontario
bouncebackontario.ca
- My Anxiety Plans (MAPs), Anxiety Canada
maps.anxietycanada.com
- Mindfulness Resources, Mindfulness Everyday
mindfulnesseveryday.org
- Guided Mindfulness Meditation Practices with Jon Kabat-Zinn
mindfulnesscds.com
- Trauma Recovery, Manitoba Trauma Information & Education Centre
trauma-recovery.ca

- Cognitive Behaviour Therapy (CBT) self-help books, worksheets & resources, Mind over Mood
mindovermood.com
- BEACON guided digital CBT, MindBeacon Software Inc.
mindbeacon.com

Books for Managing Anxiety and Mental Health

- *The Worry Workbook: CBT Skills to Overcome Worry and Anxiety by Facing the Fear of Uncertainty* by Melisa Robichaud and Kristen Buhr, 2018.
- *Finding Your Best Self: Recovery from Addiction, Trauma or Both* by Lisa M. Najavits, 2019.
- *Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain* by Colleen Carney and Rachel Manber, 2009.
- *Mindfulness for Beginners: Reclaiming the Present Moment and Your Life* by Jon Kabat-Zinn, 2016.
- *Mastery of Your Anxiety and Panic: Fourth Edition: Workbook* by David H. Barlow and Michelle G. Craske, 2007.
- *10 Simple Solutions to Panic: How to Overcome Panic Attacks, Calm Physical Symptoms, and Reclaim Your Life* by Martin M. Antony and Randi E. McCabe, 2004.
- *The Shyness and Social Anxiety Workbook* by Martin M. Antony and Richard P. Swinson, 2017.

Apps

- Manage My Pain App, ManagingLife, Inc.
managemypainapp.com
- MindShift™ CBT Mobile App, Anxiety Canada
anxietycanada.com/resources/mindshift-cbt
- Headspace App, Headspace Inc.
headspace.com

Medical Cannabis

- Cannabis: Questions about cannabis and the answers that may surprise you, Rx Files
rxfiles.ca/rxfiles/uploads/documents/Cannabis-Medical-Patient-Booklet.pdf