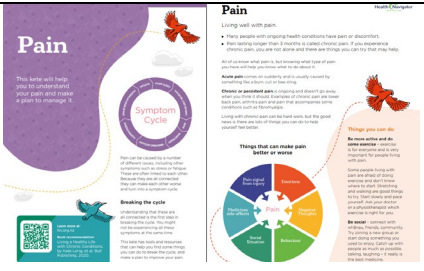
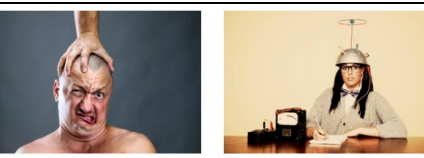

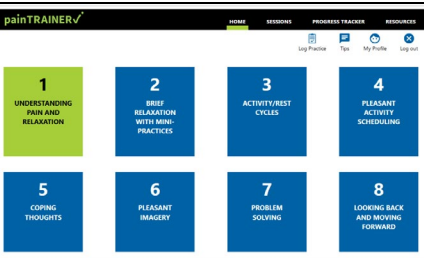


Suggested Resource List for Chronic Pain Management – Counties Manukau


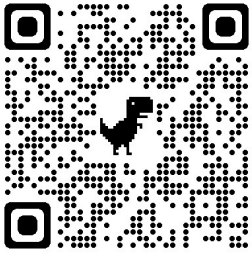


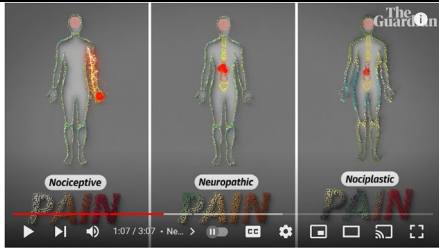

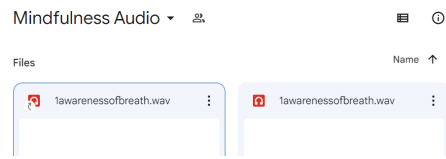
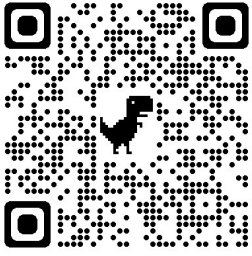
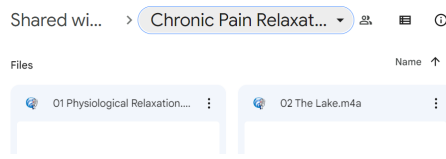
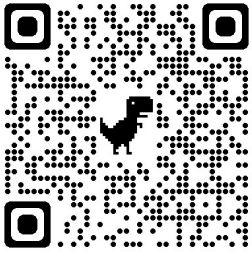
Counties Manukau Chronic Pain Service has put this resource list together. We do not necessarily agree with every idea in the books or the websites. However, we believe you will find many useful ideas, explanations, and strategies for dealing with pain in these resources.

All the resources are free, or available to borrow from the Auckland public library system.

Websites about Chronic Pain:

	<p>http://www.aci.health.nsw.gov.au/chronic-pain/for-everyone</p> <p>A good place to start – lots of videos and lessons.</p>	
	<p>https://www.healthnavigator.org.nz/tools/t-te-kete-haerenga-and-pain/</p> <p>Has a good booklet with lots of ideas to try.</p>	
 <p>1. Why do we feel pain?</p> <p>2. What causes persistent pain?</p>	<p>https://www.retrainpain.org</p> <p>Lots of one-minute lessons in slideshow format</p>	
	<p>https://www.flippinpain.co.uk</p> <p>UK Charity with good resources and links to podcasts, videos, etc</p>	
	<p>https://www.paintrainer.org/</p> <p>An online program that teaches you effective strategies to manage your pain. It has 8 sessions, each lasting about 30-45 minutes. Aim to complete one session per week.</p>	


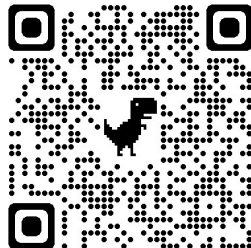

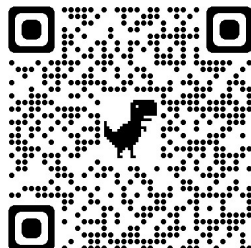
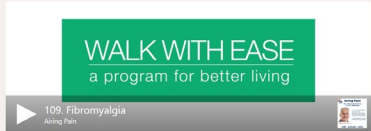
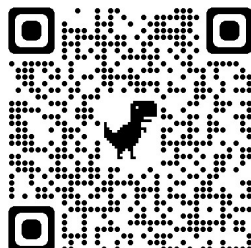

Suggested Resource List for Chronic Pain Management – Counties Manukau

Videos about Chronic Pain:		
	https://youtu.be/5KrUL8tOaQs Understanding Pain in less than five minutes - Brainman	
	https://youtu.be/gwd-wLdIHjs TEDxAdelaide - Lorimer Moseley - Why Things Hurt	
	https://youtu.be/xbSr32OWcX4 What is chronic pain and how does it work? - Guardian Australia	
Mindfulness/Relaxation Audio Tracks for Chronic Pain		
	https://drive.google.com/drive/folders/1tBizQiu_lgmvBi4rqL9XDO_Apfl-mMmP Mindfulness audio tracks recorded by Counties Manukau Chronic Pain Service	
	https://drive.google.com/drive/folders/1VmRsCzqmSO-if-f4qhOmJKefD1-k0dmQ Relaxation audio tracks recorded by Counties Manukau Chronic Pain Service	

Suggested Resource List for Chronic Pain Management – Counties Manukau

Books about Chronic Pain		
	<p>Explain Pain By David Butler and Lorimer Moseley</p> <p>A great book with lots of good pictures and simple explanations.</p>	<p>Available as a book or eBook from the public library:</p> <p>https://discover.aucklandlibraries.govt.nz/search/card?id=6f3b0c14-cc20-5bde-a261-55571e4f9dc4&entityType=FormatGroup</p>
	<p>https://static1.squarespace.com/static/57260f1fd51cd4d1168668ab/t/594964426a4963370e76990a/1497982233437/recovery+strategies+final+book+june+2017.pdf</p> <p>Recovery Strategies by Dr Greg Lehman. A 70 page downloadable book</p>	
Websites about Mental Health and General Wellbeing:		
<p>Welcome to the CALM Website, Computer Assisted Learning for the Mind.</p> <p>All of us want to have a happy life. No one wakes up in the morning thinking "I hope I will be miserable today". Many of us think that happiness is dependent on external situations like possessions, status and pleasures. Though these things can be good, often the satisfaction they bring is short term.</p>  <p>Scientific studies on what makes people truly and genuinely happy show the importance of four main things:</p> <ol style="list-style-type: none"> 1. Mental resilience 2. Managing stress, anxiety and depression 3. Healthy relationships 4. Finding meaning in life <p>Free Mindfulness and Compassion Meditation training</p> <p>Thursdays: 5.30-6.30 PM, Auckland Hospital Support Building, Level 12, Room 80</p>	<p>https://www.calm.auckland.ac.nz/</p> <p>Techniques to improve mood and ability to deal with stress, including relaxation and self-hypnosis</p>	
<p>Is it depression and/or anxiety?</p> <p>*****</p> <p>Does it feel like life's getting harder?</p>	<p>https://www.depression.org.nz/</p> <p>John Kirwan presents on depression and anxiety – lots of videos, exercises, and links to resources</p>	
	<p>www.justathought.co.nz/courses</p> <p>Courses for anxiety, insomnia, stress management, and more</p>	
<p>Home / Resources / Looking After Yourself</p> <p>Sleep</p> <p>Also in this section</p> <ul style="list-style-type: none"> Overview Looking After Yourself Looking After Others For Clinicians <p>Information sheets - Sleep</p> <ul style="list-style-type: none"> Facts About Sleep What is Insomnia? Insomnia and Your Thinking Sleep Hygiene Nightmares Explained What is Imagery Rescripting? 	<p>https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself</p> <p>Psychological resources for a range of issues and problems, includes free workbooks and exercises</p>	

Suggested Resource List for Chronic Pain Management – Counties Manukau

Podcasts about Chronic Pain		
	<p>Flippin Pain Formula Podcast Flippin' Pain™ is a public health campaign from UK</p> <p>On Spotify: https://open.spotify.com/show/0KQxq17fhNXobLnXiEkT5D</p>	
	<p>Pain Waves Podcast by Pain BC (Charity in Canada) https://www.spreaker.com/user/painwaves</p> <p>On iTunes or Spreaker</p>	
<p>Airing Pain 109: Fibromyalgia</p> 	<p>Airing Pain Podcast by Pain Concern Podcast run by the UK charity Painconcern.org</p> <p>On iTunes and Spotify: https://open.spotify.com/show/27W6RkSrSEbNkTguuMhslz</p>	
	<p>Like Mind Like Body by Curable Podcast run by Curable (they also have an App with a few free things, and a paid subscription to 'upgrade')</p> <p>On iTunes or Google play</p>	