**Self-Management of Chronic Pain: Further Resources**

**Books**

**Anger**


**Anxiety**


**Assertive Communication**


Chronic Pain Self-Management


Depression


Explaining Pain & Neuroplasticity


Grief & Loss


Habits and Change


Mindfulness Meditation & Self-Compassion


Positive Psychology


Relaxation & Stress Management


Websites

Alberta Health Services (AHS)
www.albertahealthservices.ca/services/Page10887.aspx (AHS Chronic Pain Centre)

www.albertahealthservices.ca/services/Page2790.aspx (Lecture Series from the AHS Chronic Pain Centre)

www.albertahealthservices.ca/services.asp?pid=service&rid=1005671 (Alberta Healthy Living Program)

MyHealth.Alberta.ca (AHS with Government of AB)
www.myhealth.alberta.ca/Pages/default.aspx (a provincial website on a wide range of health topics - on the Home page search for “chronic pain“ ; videos such as Living with chronic pain, Managing pain with healthy thinking, Finding your strength, Tracking how you’re doing, Chronic pain and opiates: know what’s safe)
Chronic Pain (Canadian Sites)
www.chronicpaincanada.com (Chronic Pain Association of Canada)
www.canadianpaincoalition.ca (Canadian Pain Coalition)
www.canadianpainsociety.ca (Canadian Pain Society)
www.painbc.ca (Pain BC)
www.cirpd.org (Canadian Institute for the Relief of Pain and Disability)
www.mycarepath.ca (from BC, for children)
www.liveplanbe.ca (from BC, for adults)

Chronic Pain (U.S.A. Sites)
www.ampainsoc.org (American Pain Society)
www.painfoundation.org (American Pain Foundation)

Chronic Pain (International Sites)
www.iasp-pain.org (International Association for the Study of Pain)
www.painhealth.csse.uwa.edu.au (Pain Health Western Australia)

Headache Pain
www.headachenetwork.ca (Headache Network Canada)
www.americanheadachesociety.org (American Headache Society)
www.headache-help.org (Help for Headaches – A Canadian Registered Charity – Ontario)

Pelvic Pain
www.pelvicpain.org (The International Pelvic Pain Society)
www.nva.org (National Vulvodynia Association)
Positive Coping with Health Conditions
www.comh.ca/pchc  (Vancouver Coastal Health, workbook)

Psychology and Chronic Pain
www.cpa.ca/psychologyfactsheets  (Canadian Psychological Association, acute post-surgical pain, arthritis, chronic pain, chronic pain among seniors, presurgical preparation, needle pain)

Explaining Pain
www.youtube.com/watch?v=4b8oB757DKc (Understanding pain: What to do about it in less than 5 minutes, Hunter Integrated Pain Service) (or go to Google YouTube and type in “understanding chronic pain five minutes”)

https://www.youtube.com/watch?v=gh-V6gMGzmc (Part 1 - Explain chronic pain in less than a minute. Neil Pearson, B.C. physiotherapist and educator on chronic pain)

https://www.youtube.com/watch?v=FCq7iTcfY_c (Part 2 - Explaining chronic pain in detail. Neil Pearson, B.C. physiotherapist and educator on chronic pain)

www.ted.com/talks/elliot_krane_the_mystery_of_chronic_pain.html (Elliot Krane, pediatric anesthesioloist, Stanford)

Dr Mike Evans - Evans Health Lab
www.evanshealthlab.com (Dr Mike Evans is a doctor/professor/person working to bring the best evidence-based health information out of the clinic to wherever you are. Some of our favorite videos are: Healthy Eating 101, 90:10 Stress, Best Advice for People Taking Opioid Medications)
On-Line (Web-Based) Learning

Chronic Pain Self-Management
www.painbc.ca/content/workshops-and-webinars-new-education-health-care-providers-and-people-living-pain (Pain BC, 3 one-hour web sessions titled Empowering Self-Management; skills include self-monitoring, pacing, relaxation and reframing; search for a webinar on sleep and chronic pain by Dr Ian Fleming)

www.paintoolkit.org (Pete Moore, UK, former patient of INPUT Pain Management Programme, skills covered include acceptance, pacing, setting goals, relaxation, self-monitoring, flare-up)

Chronic Disease Self-Management
https://betterchoicesbetterhealth.ca/online/hl/hlMain (an online workshop based on Stanford University’s widely tested chronic disease self-management program)

Anxiety and Depression
www.anxietybc.com (The Anxiety Disorders Association of British Columbia, provides education and resources to address anxiety; and the skills of self-talk/cognitive strategies and relaxation)

www.comh.ca/antidepressant-skills/adult (Centre for Applied Research in Mental Health and Addiction (CARMHA) and BC Mental Health & Addiction Services (BCMHAS), cognitive-behavioral strategies for depression)

Relaxation
Chronic Pain Centre Relaxation CDs (Set of 3 for $10.00) at CPC1 or CPC2 Reception

myhealth.alberta.ca/alberta/Pages/Relaxation-Audio-Tracks.aspx (Headache Program, Alberta Health Services, various relaxation exercises)

studentsupport.georgiasouthern.edu/counseling/resources/self-help/relaxation-and-stress-management/ (Georgia Southern University Counseling Centre, various relaxation exercises)

Mindfulness Meditation & Self-Compassion
www.mindfulnesscalgary.ca (A Mindfulness Interest Group in Calgary, site hosted by U of C, provides members names, links, poetry, readings, programs, research)
Mindfulness Meditation & Self-Compassion (continued)

www.headspace.com (Andy Puddicombe, ordination as a Tibetan Buddhist monk, meditation made simple)

www.thebreathproject.org (Dr. Phil Blustein MD, FRCP Gastroenterologist, Calgary)

www.CenterforMSC.org (Centre for Mindful Self-Compassion, Christopher Germer, Ph.D. and Kristen Neff, Ph.D., an 8-week program designed to cultivate self-compassion skills for daily life)

www.mindfulselfcompassion.org (Dr. Christopher Germer, mindful self-compassion, free downloads available)

www.self-compassion.org (Dr. Kristen Neff, self-compassion)

www.tarabrach.com (free on-line meditations)

www.ucalgary.ca/wellnesscentre/events-programs/wellness-programs/mindfulness/online

(U of C, Wellness Centre, online, self-directed mindfulness program designed for those interested in cultivating mindfulness into their daily lives)

Sleep

www.albertahealthservices.ca/2790.asp (Lecture series from the AHS Chronic Pain Centre)

www.sleepfoundation.org (Patient friendly information on sleep from the National Sleep Foundation).


(Educational webinar by Dr Fleming, consultant at Sleep Disorder Program, UBC Hospital)
Mobile Apps

*Please note that Apps may involve a cost ($$$) to you.*

Alberta Addiction & Mental Health Research Partnership Program (2017). Addiction and Mental Health - Mobile Application Directory 2017. Edmonton, AB: Author (a variety of apps including but not limited to smoking cessation, autism, depression, anxiety, and CBT).

“Stop, Breathe and Think” app (free for iPhones and Android phones)

Mindfulness Classes in the Community (no cost)

**Calgary, AB**

**South Health Campus Wellness Centre, Alberta Health Services.** Mindfulness Practice Sessions (403-956-3939).

**Wellness through Mindfulness YYC.** A group of local practitioners with an interest in mindfulness have created a free group that is suitable for both new and experienced individuals to the practice. Shagannappi Community Hall, 1st Tuesday/3rd Thursday of every month, 7:15 – 9:15 pm. Check it out at [facebook.com/wellnessthroughmindfulness](http://facebook.com/wellnessthroughmindfulness)

**Mindfulness-Based Stress Reduction. Catholic Family Services.** Pay what you can – no one will be turned away because of finances. You determine what you can afford to pay. To register call Katy at 403-205-8553 or email katy.haver@cfs-ab.org.

**Mindfulness Based Stress Reduction, Tom Baker Cancer Centre, Holy Cross Site.** For individuals with a cancer diagnosis or their family members. See [www.tbccintegrative.com/clinical-programs/mindfulness-based-stress-reduction](http://www.tbccintegrative.com/clinical-programs/mindfulness-based-stress-reduction) or call 403-355-3207.

**Outside of Calgary, AB**

**Canmore General Hospital, Mindfulness Meditation Program** (8 weeks); first two sessions mandatory, expected to attend 6 of 8 sessions, submit name to Alexandra Kobalenko at: [mindfulnessmeditation2012@gmail.com](mailto:mindfulnessmeditation2012@gmail.com)
Pain Support Groups in the Community

Calgary, AB

**Better Choices Better Health: Self-Management Workshops.** Contact Alberta Healthy Living Program – Calgary Zone for information and to register: 403-9-Health (403-943-2584) or go to: [www.albertahealthservices.ca/services.asp?pid=service&rid=1062406](http://www.albertahealthservices.ca/services.asp?pid=service&rid=1062406)

**Lending Emotional and Pain Support (LEAPS).** Meetings held at the Chronic Pain Centre 2 at the Richmond Road Diagnostic and Treatment Centre site. Email LeapsCalgary@gmail.com.

**Calgary Chronic Pain Support Group** provides a way to connect with others, share resources, discuss pain related topics and support one another in a constructive positive environment. See [www.chronicpain.meetup.com/339/](http://www.chronicpain.meetup.com/339/) or email stephanjw@shaw.ca

**Family Caregiver Support Group.** Email Charlene charlene.retzlaff@albertahealthservices.ca or call her at 403-955-1674 (Tues thru Thurs). **South Family Caregiver Drop-in Support Group** 1st Wed of the Month, 1:30 – 3:00 pm, Lutheran Church of the Cross, 10620 Elbow Drive SW.

**North Family Caregiver Drop-in Support Group**, 3rd Monday of the month, 7:00 – 8:30 pm, Confederation Park Seniors Citizens Centre.

Outside of Calgary, AB

**People in Pain Network.** Pain Self-Management Support Groups. See [www.pipain.com](http://www.pipain.com) or email info@pipain.com

**Support Groups across Canada.** See [www.chronicpaincanada.com/support](http://www.chronicpaincanada.com/support)

*DISCLAIMER: No evaluations of the resources in this document have been done. This material is for information purposes only. It should not be used in place of medical advice, instruction, and/or treatment. If you have questions, speak with your doctor or appropriate health care provider.*