**Additional Resources suggested during Pain Retrain Course**

**What is Pain**

For a quick 5 min explanation:

* YouTube “Tame the Beast” <https://www.youtube.com/watch?v=ikUzvSph7Z4>
* YouTube “ Understanding Pain in less than 5 minutes” <https://www.youtube.com/watch?v=C_3phB93rvI>

For a more detailed explanation:

* The Honest Physio Pain Management Guidebook <https://thehonestphysio.com/resources-to-download/>
* The Pain Toolkit   <https://www.paintoolkit.org/pain-tools>
* Live well with Pain 10 Footsteps  <http://resources.livewellwithpain.co.uk/10-footsteps-for-clinicians/cover/>

**Breathing exercises**

Apps that help with breathing exercises – we do not endorse any one App in particular. Popular Apps

include Headspace, Calm and Insight Timer.

**Movement and Pain**

* YouTube “23 and ½ hours: What is the single best thing we can do for our health?”
* <https://www.youtube.com/watch?v=aUaInS6HIGo>
* Top tips for being active with Chronic Pain
	+ [https://www.csp.org.uk/system/files/documents/2019-       05/0001619\_04\_loveactivity\_being\_active\_with\_chronic\_painn\_final.pdf](https://www.csp.org.uk/system/files/documents/2019-%20%20%20%20%20%20%2005/0001619_04_loveactivity_being_active_with_chronic_painn_final.pdf)
* Nature as therapy <https://www.getselfhelp.co.uk/nature.htm>
* YouTube “Tai Chi for Beginners, Dr Paul Lam” <https://www.youtube.com/watch?v=hIOHGrYCEJ4&t=18s>
* YouTube  search for  “Yoga for chronic pain” “yoga for fibromyalgia” Yoga for beginners” or “Chair based yoga”
* Yoga Fellowship Northern Ireland – find a yoga teacher/class
* <https://www.yfni.co.uk/find-a-teacher-class/show-all>
* Activity and Rest Diary for chronic pain and fatigue <https://www.getselfhelp.co.uk/chronicfp.htm>

**Stress and pain**

* Stress management workshops – <https://ni.stresscontrol.org/>
* Apps that help with breathing exercises – we do not endorse any one App in particular. Popular Apps include Headspace, Calm and Insight Timer.
* YouTube “How stress affects your body - Sharon Horesh Bergquist” <https://www.youtube.com/watch?v=v-t1Z5-oPtU>

**Sleep and Pain**

* **How to sleep well with pain**- This great little leaflet from Live Well with Pain is based on the same ideas we've explored here but goes into more detail. <http://resources.livewellwithpain.co.uk/ten-footsteps/footstep-7-sleep/>
* **The Sleep foundation**- If your sleep problems are severe and negatively impacting your life, you may want to look at the following websites for more information. [www.sleepfoundation.org](http://www.sleepfoundation.org/)
* **Sleepio**- An online sleep programme developed by experts in Cognitive Behavioural science (CBT). www.sleepio.com/cbt-for-insomina
* **Living with Chronic Pain**- This CD shares ways to manage pain and to relax your body. Free download or CD to buy online at £2. [www.paincd.org.uk](http://www.paincd.org.uk/)
* **Meditation for sleep**- The Headspace website has hundreds of articles for any mind, any mood, any goal, including lots on sleep. Try this audio 'meditation for sleep' and read more about the benefits of sleep meditation.  <https://www.headspace.com/meditation/sleep>
* **Mindfulness and Compassion**. Explore the range of resources on mindful practice to enable better living with pain. www.breathworksmindulness.org.uk

**Medications and Chronic Pain**

* YouTube video – BBC documentary Medication and Chronic pain

<https://www.youtube.com/watch?v=SWhflhuM9-I&feature=youtu.be>

<https://www.youtube.com/watch?v=osy8GOLEUZ8>

**Further Resources**

* Maintaining Progress and Managing setbacks. Download the leaflet at
* <https://s3.eu-west-2.amazonaws.com/uploads-7e3kk3/12506/maintaining_progress_and_managing_setbacks.008ca9898487.pdf>
* Coping with chronic pain flare-ups *Health talk's* website has several useful videos with people sharing their experiences of dealing with setbacks caused by pain flare-
* ups.[**https://www.healthtalk.org/chronic-pain/coping-with-chronic-pain-flare-ups**](https://www.healthtalk.org/chronic-pain/coping-with-chronic-pain-flare-ups)
* Versus Arthritis also run programs on living well with chronic pain. Further information can be found at[**https://www.versusarthritis.org/in-your-area/northern-ireland/**](https://www.versusarthritis.org/in-your-area/northern-ireland/)
* MyNI.life – pain management, is another useful website and is supported by the Public Health Agency https://www.myni.life/pain-management
* Northern Ireland Healthy Living Centres. These are a community led approach to health improvement in communities experiencing disadvantage.  See if one is close to you by clicking on link <http://www.hlcalliance.org/hlc/>. You may then need to get in contact/email your local named centre to enquire/ register for local chronic pain courses now or upcoming in the future.