

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

### **Books**

#### **Active Pain Coping**

Caudill, M. (2015). *Managing pain before it manages you* (4th ed.). New York: Guilford.

Dahl, J., & Lundgreen, T. (2006). *Living beyond your pain: Using acceptance and commitment therapy to ease chronic pain*. Oakland, CA: New Harbinger.

Del Brocco et al. (2020). *Pain management guidebook*. (Free e-book on <https://thehonestphysiocom.files.wordpress.com/2020/07/pain-management-guide-book-v1.02.pdf>)

Gardner-Nix, J. (2009). *The mindfulness solution to pain: Step-by-step techniques for chronic pain management*. Oakland, CA: New Harbinger.

Otis, J. D. (2007). *Managing chronic pain: A cognitive behavioral therapy approach workbook*. New York: Oxford University Press.

#### **Anger**

Eifert, G. H., McKay, M., & Forsyth, J. P. (2006). *Act on life not on anger: The new acceptance and commitment therapy guide to problem anger*. Oakland, CA: New Harbinger.

Lerner, H. (2014). *The dance of anger*. New York: Harper and Row.

McKay, M., Rogers, P. D., & McKay, J. (2003). *When anger hurts: Quieting the storm within*. Oakland, CA: New Harbinger.

#### **Anxiety**

Bourne, E. J. (2010). *The anxiety and phobia workbook* (5th ed.). Oakland, CA: New Harbinger.

Gyoerkoe, K. L., & Weigartz, P. S. (2006). *10 simple solutions to worry: How to calm your mind, relax your body and reclaim your life*. Oakland, CA: New Harbinger.

Wehrenberg, M. (2018). *The 10 best-ever anxiety management techniques workbook* (2nd ed.). New York: W.W. Norton & Company.

Wilson, R. (2009). *Don't panic: Taking control of anxiety attacks* (3rd ed.). New York: Harper.

#### **Assertive Communication**

McKay, M., Davis, M., & Fanning, P. (2009). *Messages: The communication skills book*. Oakland, CA: New Harbinger.

Patterson, K., Grenny, J., McMillan, R., & Switzler, A. (2011). *Crucial conversations tools for talking when stakes are high*. New York: McGraw-Hill.

### **Changing Habits**

Duhigg, C. (2014). *The power of habit: Why we do what we do in life and business*. Anchor Canada: Random House.

Prochaska, J.O., Norcross, J. & DiClemente, C. (1995). *Changing for good: A revolutionary six-stage program for overcoming bad habits and moving your life positively forward*. New York: William Morrow and Company.

### **Depression**

Burns, D. D. (2008). *Feeling good: The new mood therapy*. New York: Penguin. (See also the *Feeling Good Handbook* on depression, anxiety, and interpersonal problems).

Greenberger, D., & Padesky, C. (2015). *Mind over mood: Change how you feel by changing the way you think*. New York: Guilford.

Strosahl, K.D., & Robinson, P.J. (2017). *The mindfulness and acceptance workbook for depression: Using acceptance and commitment therapy to move through depression and create a life worth living* (2nd ed.). Oakland, CA: New Harbinger.

### **Emotion Regulation**

Van Dijk, S. (2012). *Calming the emotional storm: Using dialectical behavior therapy skills to manage your emotions and balance your life*. Oakland, CA: New Harbinger.

### **Explaining Pain & Neuroplasticity**

Butler, D. & Moseley, L. (2017). *Explain pain supercharged*. Adelaide, Australia: Noigroup. (Available only from <https://www.noigroup.com/product/explain-pain-supercharged/>).

Doidge, N. (2007). *The brain that changes itself*. New York: Penguin.

Jam, B. (2019). *The pain truth and nothing but*. Toronto: APTEI. (Free e-book on <https://www.aptei.ca/wp-content/uploads/the-pain-truth-e-book-2019.pdf>).

Moseley, L. & Butler, D. (2015). *The explain pain handbook: Protectometer*. Adelaide, Australia: Noigroup.

### **Grief & Loss**

Devine, M. (2017). *It's ok that you're not ok: Meeting grief and loss in a culture that doesn't understand*. Boulder, CO: Sounds True, Inc.

Grollman, E. A. (1995). *Living when a loved one has died*. Boston: Beacon Press.

## **Mindfulness Meditation**

Burch, V. & Penman, D. (2015). *You are not your pain: Using mindfulness to relieve pain, reduce stress, and restore well-being – an 8-week program*. New York: Flatiron Books.

Siegel, R. (2010). *The mindfulness solution: Everyday practices for everyday problems*. New York: Guildford.

Teasdale, J., Williams, M., & Segal, Z. V. (2014). *The mindful way workbook: An 8-week program to free yourself from depression and emotional distress*. New York: Guilford.

## **Positive Psychology**

Achor, S. (2013). *Before happiness: The 5 hidden keys to achieving success, spreading happiness, and sustaining positive change*. New York: Crown Business Publishing.

Fredrickson, B. (2009). *Positivity: Top-notch research reveals the upward spiral that will change your life*. New York: Three Rivers Press.

Seligman, M. (2011). *Flourish: A visionary new understanding of happiness and well-being*. New York: Free Press.

## **Posttraumatic Stress Disorder**

Follette, V. M., & Pistorello, J. (2007). *Finding life beyond trauma: Using acceptance and commitment therapy to heal from post-traumatic stress and trauma-related problems*. Oakland, CA: New Harbinger.

Shapiro, F. (2013). *Getting past your past: Take control of your life with self-help techniques from EMDR therapy*. New York: Rodale.

Tull, M.T., Gratz, K. L., & Chapman, A. L. (2016). *Cognitive-behavioral coping skills workbook for PTSD: Overcome fear and anxiety and reclaim your life*. Oakland, CA: New Harbinger.

Williams, M. B., & Poijula, S. (2016). *The PTSD workbook: Simple, effective techniques for overcoming traumatic stress symptoms* (3rd ed.). Oakland, CA: New Harbinger.

## **Relaxation & Stress Management**

Benson, H. & Proctor, W. (2011). *Relaxation revolution: The science and genetics of mind body healing*. New York: Scribner.

Davis, M., Eshelman, E. R., & McKay, M. (2019). *The relaxation and stress reduction workbook* (7th ed.). Oakland, CA: New Harbinger.

Elkin, A. (2013). *Stress management for dummies* (2nd ed.). New York: Wiley.

## **Self-Compassion**

Germer, C.K. (2009). *The mindful path to self-compassion: Freeing yourself from destructive thoughts and emotions*. New York: Guilford.

Neff, K. & Germer, C. (2018). *The mindful self-compassion workbook: A proven way to accept yourself, build inner strength, and thrive*. New York: Guilford.

## **Sleep**

Carney, C., & Manber, R. (2009). *Quiet your mind and get to sleep: Solutions to insomnia for those with depression, anxiety or chronic pain*. Oakland, CA: New Harbinger.

Carney, C. E., & Manber, R. (2013). *Goodnight mind: Turn off your noisy thoughts and get a good night's sleep*. Oakland, CA: New Harbinger.

Maas, J. B., & Robbins, R. S. (2010). *Sleep for success: Everything you must know about sleep but are too tired to ask*. Bloomington, IN: AuthorHouse.

## **Online Learning**

### **Alberta Health Services (AHS)**

<https://cumming.ucalgary.ca/centres/anesthesiology/chronic-pain-centre/our-patients/more-treatment-groups-and-group-resources> (AHS Chronic Pain Centre)

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

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

[www.myhealth.alberta.ca/Pages/default.aspx](http://www.myhealth.alberta.ca/Pages/default.aspx) (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**

[www.cpa.ca/psychologyfactsheets](http://www.cpa.ca/psychologyfactsheets) (Canadian Psychological Association, acute post-surgical pain, arthritis, chronic pain among seniors, presurgical preparation, needle pain)

[www.liveplanbc.ca](http://www.liveplanbc.ca) (from BC, for adults)

[www.mycarepath.ca](http://www.mycarepath.ca) (from BC, for children)

[www.mypainmyway.ca/](http://www.mypainmyway.ca/) (Society of Alberta Occupational Therapists; to help you reduce your suffering, find renewed purpose, and re-engage with the things that matter in your life.)

[www.painbc.ca](http://www.painbc.ca) (Pain BC)

[www.paintoolkit.org](http://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)

[www.paintrainer.org](http://www.paintrainer.org) (An interactive, online tool that teaches you effective strategies to manage your pain. The painTRAINER program is made up of 8 sessions, each lasting about 30-45 mins)

[www.wwdpi.org](http://www.wwdpi.org) (Work Wellness and Disability Prevention Institute)

[https://www.youtube.com/watch?v=5p6sbi\\_0ILc](https://www.youtube.com/watch?v=5p6sbi_0ILc) (Getting a Grip on Pain and the Brain. Lorimer Moseley)

<http://www.youtube.com/watch?v=-3NmTE-fJS0> (Pain: Do You Really Get It? Lorimer Moseley)

<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](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)

<https://www.youtube.com/watch?v=ikUzvSph7Z4> (Tame the Beast – It's Time to Rethink Persistent Pain. Lorimer Moseley)

<https://www.youtube.com/watch?v=4ABAS3tkkuE> (Treating Pain Using the Brain. David Butler)

[www.youtube.com/watch?v=4b8oB757DKc](http://www.youtube.com/watch?v=4b8oB757DKc) (Understanding pain: What to Do About it in Less Than 5 Minutes. Hunter Integrated Pain Service)

## **Fibromyalgia**

[www.fibroguide.med.umich.edu/](http://www.fibroguide.med.umich.edu/) (University of Michigan; FibroGuide is an education and self-management resource supporting a patient-centric model of chronic pain care)

## **General Health**

[www.evanshealthlab.com](http://www.evanshealthlab.com) (Dr Mike Evans, best evidence-based health information; *Healthy Eating 101, 90:10 Stress, Best Advice for People Taking Opioid Medications*)

## **Grief**

[www.mygrief.ca](http://www.mygrief.ca) (helps people understand and work through grief and loss)

<https://www.youtube.com/playlist?list=PLi1tOF1I5ZoViga6eGdhkdv5G5uY8fUk8> (Bereavement videos presented by the AHS Palliative and End of Life Care Grief Support Program)

## **Headache Pain**

[www.americanheadachesociety.org](http://www.americanheadachesociety.org) (American Headache Society)

[www.headache-help.org](http://www.headache-help.org) (Help for Headaches – A Canadian Registered Charity – Ontario)

[www.headachenetwork.ca](http://www.headachenetwork.ca) (Headache Network Canada)

## **Mental Health**

[www.anxietycanada.com](http://www.anxietycanada.com) (Provides education and resources to address anxiety; and the skills of self-talk/cognitive strategies and relaxation)

[www.bounceback.cmha.ca/welcome/](http://www.bounceback.cmha.ca/welcome/) (Canadian Mental Health Association free program to help adults and youth 15+ manage low mood, depression, anxiety, stress or worry; includes a trained coach and workbooks to fit your needs)

[www.cci.health.wa.gov.au/Resources/Looking-After-Yourself](http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself) (Free workbooks, worksheets, modules, and information sheets on a variety of mental health conditions)

[www.comh.ca/antidepressant-skills/adult](http://www.comh.ca/antidepressant-skills/adult) (Cognitive-behavioral strategies for depression)

<https://www.youtube.com/watch?v=7GG2jtCUpaQ> (Accompanying video)

[www.exerciseanddepression.ca/](http://www.exerciseanddepression.ca/) (An evidence-based toolkit for treating depression with exercise)

<https://web.ntw.nhs.uk/selfhelp/> (Self-help guides for a variety of mental health problems that are available to download for free)

## **Mindfulness Meditation & Self-Compassion**

[www.centerformsc.org](http://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.headspace.com](http://www.headspace.com) (Andy Puddicombe, ordination as a Tibetan Buddhist monk, meditation made simple)

[www.mindfulselfcompassion.org](http://www.mindfulselfcompassion.org) (Dr. Christopher Germer, mindful self-compassion, free downloads available)

[www.self-compassion.org](http://www.self-compassion.org) (Dr. Kristen Neff, self-compassion)

[www.tarabrach.com](http://www.tarabrach.com) (free on-line meditations)

[www.thebreathproject.org](http://www.thebreathproject.org) (Dr. Phil Blustein, Gastroenterologist, Calgary. Stress reduction; includes free ebook, “*Mindfulness Medication*”)

[www.ucalgary.ca/wellnesscentre/events-programs/wellness-programs/mindfulness/online](http://www.ucalgary.ca/wellnesscentre/events-programs/wellness-programs/mindfulness/online) (U of C, Wellness Centre, self-directed mindfulness program to cultivate mindfulness in daily life)

## **Pelvic Pain**

[www.nva.org](http://www.nva.org) (National Vulvodynia Association)

[www.pelvicpain.org](http://www.pelvicpain.org) (The International Pelvic Pain Society)

### **Positive Coping with Health Conditions**

[www.comh.ca/pchc](http://www.comh.ca/pchc) (Vancouver Coastal Health, workbook)

<https://www.youtube.com/watch?v=RcGyVTAoXEU> (How to Make Stress Your Friend. TED Talk by Kelly McGonigal, health psychologist)

### **Relaxation**

<http://dawnbuse.com/relaxation.htm> (Cognitive behavioral therapy, biofeedback, and mindfulness training for headache. Includes free guided visual imagery and relaxation exercises)

<https://myhealth.alberta.ca/alberta/Pages/Relaxation-Audio-Tracks.aspx> (Relaxation audio tracks. Headache Program, Alberta Health Services)

<http://studentsupport.georgiasouthern.edu/counseling/resources/self-help/relaxation-and-stress-management/> (Various relaxation exercises. Georgia Southern University Counseling Centre)

### **Sleep**

[www.albertahealthservices.ca/services/Page2790.aspx](http://www.albertahealthservices.ca/services/Page2790.aspx) (Lecture series from the AHS Chronic Pain Centre)

<https://myhealth.alberta.ca/learning/modules/Sleep-Strategies> (Headache-tailored modules)

<https://mysleepwell.ca/> (Dalhousie University, cognitive-behavioral treatment for insomnia)

[www.painbc.ca/chronic-pain/webinar/myths-and-facts-about-sleep-and-chronic-pain](http://www.painbc.ca/chronic-pain/webinar/myths-and-facts-about-sleep-and-chronic-pain) (Educational webinar by Dr Fleming, consultant at Sleep Disorder Program, UBC Hospital)

## **Mobile Apps**

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

### **Chronic Pain**

**Canadian Migraine Tracker.** You can monitor headache frequency, triggers, symptoms, and medication response.

**Curable.** Includes pain science education and hundreds of evidence-based exercises grounded in the biopsychosocial model (e.g., meditation, CBT, and relaxation).

**Migraine Buddy.** Allows you to track the location of pain, triggers, and lifestyle factors - all specific to migraine. It also features a weather tracker and can send you weather alerts.

**My Pain Diary: Chronic Pain & Symptom Tracker.** Allows you to track your pain, symptoms, and triggers. An interactive graph and color-coded calendar help you identify patterns and correlations.

**Pain Scale.** In addition to tracking pain, you can check out the app’s “community” feature, to see how others manage their pain. Also includes a library of articles and videos from medical sources.

## **Mental Health**

**One Mind PsyberGuide** - guidelines to help people navigate the mental health app marketplace (<https://onemindpsyberguide.org/about-psyberguide/>)

**Addiction and Mental Health - Mobile Application Directory 2017.** A directory of apps including but not limited to smoking cessation, autism, depression, anxiety, and cognitive-behavioural skills.

**Bloom.** Combines cognitive-behavioural therapy with interactive videos, journaling, and mindfulness to help you improve your mental well-being, boost your mood & cultivate more joy in life.

**Breathr.** An app that introduces the concept of mindfulness and creates an easy access point for those who are new to this practice. Developed by the BC Children's Hospital.

**Calm.** A subscription-based app that promotes relaxation through meditations, sleep stories, nature images, and sounds. The guided meditations give users choices in topic, length, and nature scenes.

**Daylio.** Allows you to track your moods and daily activities. Within 5 days of regular tracking, you’ll be able to connect what activities you do when you feel great and what’s happening on bad days.

**Headspace.** Headspace is meditation made simple. Learn online, when you want, wherever you are, in just 10 minutes a day.

**Stop, Breathe and Think.** Allows you to check in with how you are feeling and recommends short activities and guided meditations tuned to those emotions.

**Year in Pixels.** This app asks you to rate how your day was by assigning a color to your rating. You can add the emotions you felt that day and also a diary entry to give additional details.

## **Support Groups**

*Please note that given COVID-19 pandemic restrictions, some groups may be canceled or online only*

### **Caregivers**

**Caregivers Alberta** works closely with organizations across Alberta to offer caregiver programs in your community. Please view your region’s page to find programs near you.

<https://www.caregiversalberta.ca/for-caregivers/find-support-in-your-area/#calgary>

### **Chronic Pain**

**Better Choices Better Health: Self-Management Workshops.** Contact Alberta Healthy Living Program – Calgary Zone for information and to register. Groups are now online. Call 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)



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

**Lending Emotional and Pain Support (LEAPS).** A peer-led support group, with participants who have chronic pain and have mostly been through the Calgary Chronic Pain Centre and other places. Groups are now online. Email [LeapsCalgary@gmail.com](mailto:LeapsCalgary@gmail.com)

**Migraine Warriors.** Facebook group providing education, advocacy, and fundraising for migraine and other headache disorders as well as their co-morbid conditions.  
<https://www.facebook.com/TheMigraineWarrior/>

**People in Pain Network.** Pain Self-Management Support Groups. See [www.pipain.com](http://www.pipain.com) or email [info@pipain.com](mailto:info@pipain.com) (In-person groups delayed until further notice).

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

### **Concussions**

**Calgary Concussion Awareness & Support.** Informational group to help raise awareness of concussions-how easily they happen, what the symptoms are, what the recovery process can be like. In-person support groups are delayed until further notice. See <https://www.facebook.com/Calgary-Concussion-Awareness-Support-1202581439802468/>

**Pink Concussions.** Various Facebook Groups moderated by PINK Concussions' volunteers. The purpose of the groups is to have a place for female members to share their own experience with brain injury and see that they are not alone. See <https://www.pinkconcussions.com/support>

## **Mindfulness Classes (no cost)**

*Please note that given COVID-19 pandemic restrictions, some groups may be canceled or online only*

**Canmore General Hospital, Mindfulness Meditation Program** (8 weeks); first two sessions mandatory, expected to attend 6 of 8 sessions. Submit name to [mindfulnessmeditation2012@gmail.com](mailto:mindfulnessmeditation2012@gmail.com) or call 403-678-7208 and leave a message

**I Meditate Calgary.** Free 60-minute meditation classes on Sundays. Class is now online. No prior registration is required for this meditation. See [www.imatecalgary.org/events.php](http://www.imatecalgary.org/events.php)

**Mimentra Community Mindfulness Group.** Groups are suspended until further notice. Suggested donation is \$20 per person, or pay-what-you-can for those with low or no income. Parkdale United Church

**Mindfulness-Based Stress Reduction-informed Group. Catholic Family Services.** 8-week groups now offered online. You determine what you can afford to pay. <https://www.cfs-ab.org/what-we-do/mental-health-wellbeing/mindfulness-based-stress-reduction/>

**Mindfulness Based Stress Reduction. Tom Baker Cancer Centre, Holy Cross Site.** For individuals with a cancer diagnosis or their family members. <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1047804&serviceAtFacilityID=1074213> or call 403-355-3207

**South Health Campus Wellness Centre, Alberta Health Services.** Mindfulness practice sessions now offered online. (<https://www.albertahealthservices.ca/shc/Page14846.aspx>)

**Wellness through Mindfulness YYC.** Offers meditation and teaching sessions on mindfulness. Suitable for new and experienced individuals. Events are scheduled on the 3rd Thursday of each month from 7-8pm. Classes are free if you have a library membership. These sessions will include the talk, meditation time, and Q&A.. <http://wtm.thebreathproject.org/>

## **Resources for Young Adults**

[www.bounceback.cmha.ca/welcome/](http://www.bounceback.cmha.ca/welcome/) (A free program from the Canadian Mental Health Association designed to help adults and youth 15+ manage low mood, depression, anxiety, stress or worry. You'll have access to a trained coach and workbooks that can be selected to fit your needs)

From Surviving to Thriving: Developing Personal and Academic Resilience (Free e-book at [https://www.workplacestrategiesformentalhealth.com/pdf/From\\_Surviving\\_to\\_Thriving\\_EN.pdf](https://www.workplacestrategiesformentalhealth.com/pdf/From_Surviving_to_Thriving_EN.pdf))

[www.gotabrain.ca](http://www.gotabrain.ca) (designed by the Canadian Mental Health Association – Calgary Region to provide information of interest to youth about mental health and mental illness)

[www.mindyourmind.ca](http://www.mindyourmind.ca) (A Canadian-based youth mental health website that uses games and entertaining tools to educate youth on mental health issues, and tools to help others cope with mental illness)

*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.*