

Self-Management of Chronic Pain

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: Quietening 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: Guilford.

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 (Lecture Series from the AHS Chronic Pain Centre)

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

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 (Canadian Psychological Association, acute post-surgical pain, arthritis, chronic pain among seniors, presurgical preparation, needle pain)

www.liveplanbc.ca (from BC, for adults)

www.mycarepath.ca (from BC, for children)

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 (Pain BC)

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.poweroverpaincanada.portal.gs/ (Resources include articles, videos, podcasts, self-directed courses, and peer support. You can also access one-on-one counselling).

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 (Work Wellness and Disability Prevention Institute)

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-fJSo> (Pain: Do You Really Get It? Lorimer Moseley)

<https://www.youtube.com/watch?v=gh-V6qMGzmc> (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)

<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 (Understanding pain: What to Do About it in Less Than 5 Minutes. Hunter Integrated Pain Service)

Fibromyalgia

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 (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 (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 (American Headache Society)

www.headache-help.org (Help for Headaches – A Canadian Registered Charity – Ontario)

www.headachenetwork.ca (Headache Network Canada)

Mental Health

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/ (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 (Free workbooks, worksheets, modules, and information sheets on a variety of mental health conditions)

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

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

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 (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 (Andy Puddicombe, ordination as a Tibetan Buddhist monk, meditation made simple)

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.thebreathproject.org (Dr. Phil Blustein, Gastroenterologist, Calgary. Stress reduction; includes free ebook, "*Mindfulness Medication*")

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 (National Vulvodynia Association)

www.pelvicpain.org (The International Pelvic Pain Society)

Positive Coping with Health Conditions

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

Mobile Apps

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

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 1-844-527-1160 or go to: 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/ or email 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

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 or email info@pipain.com (In-person groups delayed until further notice).

Support Groups across Canada. See 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 Groups

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 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.imatecatecalgary.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/>

Young Adults

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)

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 (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.