

MENTAL HEALTH RESOURCES

Mental Health America:

<https://screening.mhanational.org/>

You can take an online test to screen for mental health issues that you may want to bring to your doctors' attention

Find A Therapist

Association for Behavioral & Cognitive Therapies: <https://www.findcbt.org/FAT/>

Psychology Today: <https://www.psychologytoday.com/us> (English)

-or-

Speak with any member of your care team and they can make a referral to a therapist

-or-

Call your insurance company to get a list of therapists in your area that accept your coverage

Crisis Support

National Suicide Prevention Lifeline: 1-800-273-8255 or 988

Crisis Text Line: Text 'Home' to 741-741, <https://www.crisistextline.org/>

Panic Disorder Hotline: 1-800-64-PANIC (72642)

National Alliance on Mental Illness: Text "HelpLine" to 62640, <https://www.nami.org/help>

Help with Food, Housing, Health & More: Call 211 or <https://www.211.org/>

CONTINUED LEARNING

Books

The Joy of Movement by Kelly McGonigal, Ph.D

This is Your Brain on Food by Uma Naidoo, M.D.

Lost Connections by Johann Hari

(see related TedTalk here:

https://www.ted.com/talks/johann_hari_this_could_be_why_you_re_depressed_or_anxious?language=en)

Sleep & Relaxation

RAIN of Self-Compassion Meditation:

<https://www.tarabrach.com/meditation-rain-compassion-2/>

Guided Progressive Muscle Relaxation YouTube Video:

<https://www.youtube.com/watch?v=7sliyoamDLg>

Headspace Guide to Sleep by Netflix:

<https://www.netflix.com/title/81328827>

1HR Bilateral Stimulation Music Therapy:

[1 HR Bilateral Music Therapy - Relieve Stress, Anxiety, PTSD, Nervousness - EMDR, Brainspotting](#)

Relaxing Birdsong on YouTube:

https://www.youtube.com/watch?v=_kS5Lydfo1E

4-7-8 Breathing:

<https://insighttimer.com/fayebarry/guided-meditations/4-7-8-breathing-2>

Movement

Silver Sneakers YouTube Channel:

<https://www.youtube.com/channel/UCRp-32Yi0KC2YMgHlg6mTag>

New York Times: The Joy Workout:

<https://www.nytimes.com/2022/05/24/well/move/joy-workout-exercises-happiness.html>

Gratitude & Positive News

Gratitude Jar printable:

<https://makeit-loveit.com/wp-content/uploads/2017/07/gratitudejar.pdf>

Positive News:

<https://www.goodnewsnetwork.org/>

<https://thehappynewspaper.com/?v=7516fd43adaa>

<https://www.today.com/news/good-news>

Other

Cycle of Pain and Mood:

<https://aci.health.nsw.gov.au/chronic-pain/brain-injury/depression/cycle-of-depression>

Service Animals and Emotional Support Animals:

<https://www.ada.gov/topics/service-animals/#top>

Power Poses TedTalk on YouTube:

https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are/transcript?language=en

The Effects of Chronic Pain and Mood

List of Emotions

Angry	Sad	Anxious	Hurt	Embarrassed	Happy	Neutral
Grumpy	Disappointed	Afraid	Jealous	Isolated	Thankful	Impartial
Frustrated	Mournful	Stressed	Betrayed	Self-conscious	Trusting	Open-minded
Annoyed	Regretful	Vulnerable	Isolated	Lonely	Comfortable	Disinterested
Defensive	Depressed	Confused	Shocked	Inferior	Content	Detached
Spiteful	Paralyzed	Bewildered	Deprived	Guilty	Excited	Unbiased
Impatient	Pessimistic	Skeptical	Victimized	Ashamed	Relaxed	Indifferent
Disgusted	Tearful	Worried	Aggrieved	Repugnant	Relieved	Unmoved
Offended	Dismayed	Cautious	Tormented	Pathetic	Elated	Ambivalent
Irritated	Disillusioned	Nervous	Abandoned	Confused	Confident	Adequate

The Effects of Chronic Pain and Mood

Examine your Thoughts

EVENT **THOUGHT** **EMOTION** **BEHAVIOR**
 (Something Happens) (I tell myself something) (I feel something) (I do something)

E X A M P L E	<u>Thoughts</u>	<u>Emotions</u>	<u>Physiologic Response</u>	<u>Behavior</u>	
	I can't handle this	Sadness	Fatigue, Decreased pain tolerance	Isolation, Decreased physical & social activity	
	My whole day is ruined	Anxiety	Increased heart-rate, nervous stomach		Avoid social interaction
		Anger	Muscle tightness, Headache, Flushing		Withdrawal, Arguing

Activating Event: Write down an event/situation in which you experienced a strong negative emotion. Name the emotion you experience.

Thoughts and Beliefs: Identify negative thoughts that may have contributed to your strong emotion.

Consequences: Notice and write down what you were experiencing in your body. Also, write down what action or behavior followed your emotional response.

Body reactions:

Action/Behavior:

Examine the thought:

What is the evidence that supports the thought?

What is the evidence against the thought?

What could I say to myself that would be more accurate or helpful?

What is an alternative viewpoint?

What can I do to help myself?

The Effects of Chronic Pain and Mood

Gratitude Jar

The gratitude jar is a simple exercise that can have profound effects on your wellbeing and outlook. It only requires a few ingredients: a jar (a box can also work); paper and a writing utensil (you can also get crafty with ribbon, stickers, glitter, or whatever else you like).

Step 1: Find a jar or box.

Step 2: Decorate the jar however you wish.

Step 3: This is the most important step, which will be repeated every day. Think of 1-3 things throughout your day that you are grateful for and place it in the jar.

Step 4: A year from now, empty the jar and read through all the positive things that happened to you the previous year. Or, if you are ever feeling down and need a quick pick-me-up, take a few notes out of the jar to remind yourself of who, and what, is good in your life.

Ideas & Writing Prompts for a Gratitude Jar

- core needs that are being met (shelter, food, safety, health, transportation, etc.)
- people that are making a positive impact on your life & why
- activities you're doing right now that make you happy: TV shows, books, movies, games, extracurricular things, etc. (it's fun to record these and look back on them a year later)
- new experiences you've had
- funny or cute moments from the furry friends in your life
- things you've learned recently
- things you've purchased, donated, or gifted
- any creative outlet you have
- good things that happen to others in your life (let it be aspirational for you)
- places you've traveled to (even if they're just in your local area)
- how you're feeling physically (it could always be worse - LOL)
- seasonal things (weather, holidays, etc.)
- things you've moved on from or left go in your life
- new habits you've started
- things you're looking forward to
- old memories that affect you deeply & stay with you to this day
- quotes or ideas that inspire you & why

Source: <https://www.therisingspoon.com/2019/11/diy-gratitude-jar.html>



TODAY I AM GRATEFUL FOR: DATE: __-__-__

1. _____
2. _____
3. _____

TODAY I AM GRATEFUL FOR: DATE: __-__-__

1. _____
2. _____
3. _____

TODAY I AM GRATEFUL FOR: DATE: __-__-__

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TODAY I AM GRATEFUL FOR: DATE: __-__-__

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TODAY I AM GRATEFUL FOR: DATE: __-__-__

1. _____
2. _____
3. _____



the secret to having it all
IS KNOWING YOU

ALREADY DO



TODAY I AM GRATEFUL FOR: **DATE:** __-__-__

1. _____

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TODAY I AM GRATEFUL FOR: **DATE:** __-__-__

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TODAY I AM GRATEFUL FOR: **DATE:** __-__-__

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TODAY I AM GRATEFUL FOR: **DATE:** __-__-__

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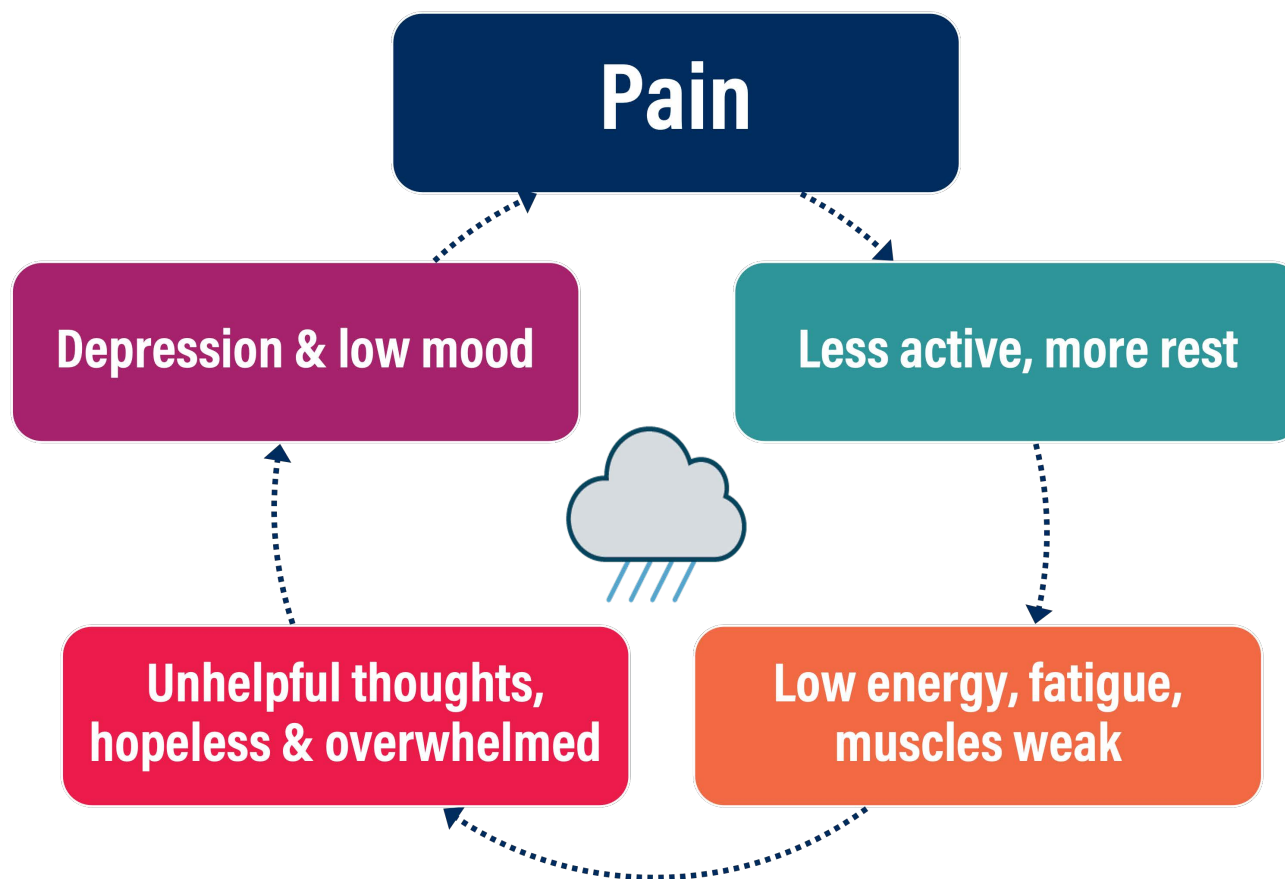
TODAY I AM GRATEFUL FOR: **DATE:** __-__-__

1. _____

2. _____

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The Effects of Chronic Pain and Mood



**When Your Emotions
Overwhelm You,
Just Let it**



R Recognize the event & the emotion

A Accept the experience just as it is

I Investigate with gentle & curious attention

N Non-identification by letting the experience pass

Prepare for sleep during the day

The elements of a good night's sleep start long before you go to bed. For a more refreshing rest, try to adopt some of these healthy sleep habits **during the day**.

Stick to a Sleep Schedule

Go to sleep and wake up at the same time every day. This reinforces your circadian rhythm to promote healthy sleep-wake cycles.



Write Down Your Worries

Don't take stress to bed. Research shows that writing down your worries early in the day can help you fall asleep faster at bedtime.



Create a Healthy Sleep Environment

Your room should be a relaxing. Creating a clean, cozy retreat for sleep may help your mind switch off more easily at night.



Avoid Stimulants & Limit Alcohol

Caffeine should not be consumed four to six hours before bedtime. Limit alcohol as drinking in excess has been linked to poor sleep.



Exercise & Get Outside

30-minutes of moderate exercise and sunshine during the day makes it easier to sleep at night—and give you a serotonin boost too!



and sleep more soundly at night

Want to wake up feeling refreshed? When you're ready to head to bed, follow these tips to improve the quality and quantity of your **sleep at night**.

Don't Head to Bed When You're Not Tired



An early night might sound nice, but don't force sleep. Heading to bed before you're tired may lead to sleep anxiety and insomnia.

Create a Daily 'Wind-Down' Routine



Hyperarousal (an active or 'busy' mind) is the main reason people with insomnia can't sleep. Make time to switch off before bed.

Block Out Noise & Light



A quiet and dark room is essential for a good night's sleep. Light exposure and noise can interfere with sleep quantity and quality.

Make Your Bed a Sleep & Intimacy Zone



Leave work at your desk and meals in the kitchen. Your brain should only associate bed with sleep and intimate activities.

Don't Take Your Phone or Other Devices to Bed



Unplug at night. Blue light delays the release of sleep-inducing melatonin, increases alertness, and sets back your internal sleep clock.