



Living with pain can affect all areas of your life. No one can do it alone.

Wellness Resources: Introduction To Stress Management for Pain

Articles & Websites:

1. How Stress Affects the Body, Psych Central
<https://psychcentral.com/stress/the-physical-effects-of-long-term-stress#physical-effects>
2. Effects of Stress on the Body
<https://au.reachout.com/articles/what-does-stress-do-to-the-body>
3. Foods to Reduce Stress and Anxiety
<https://health.clevelandclinic.org/eat-these-foods-to-reduce-stress-and-anxiety/>
4. Five Science-Backed Strategies to Build Resilience
https://greatergood.berkeley.edu/article/item/five_science_backed_strategies_to_build_resilience

Recommended Reading:

Stress Spelled Backwards is Desserts by Brian L. Seaward, Ph.D

The Upside of Stress by Kelly McGonigal, Ph.D

Videos Played in Class:

1. Headspace: The Science of Stress & How it Affects Our Bodies:
<https://www.youtube.com/watch?v=a4opDJOCEKA>
2. Headspace: Managing Stress with this 3 Minute Grounding practice:
https://www.youtube.com/watch?v=EfubAj5f_rM
3. Headspace: Learn the Box Breathing Technique:
<https://www.youtube.com/watch?v=a7uQXDkxEtM&t=142s>

You might also like....

A 10 min Meditation for Reframing Stress from Headspace:

<https://www.youtube.com/watch?v=IS0kcSNIULw>

4-7-8 Breathing Technique from Insight Timer: <https://insighttimer.com/fayebarry/guided-meditations/4-7-8-breathing-2>



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TedTalk: How to Make Stress Your Friend:

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language%20e=en

Mental Health Support

Find a therapist: <https://www.psychologytoday.com/us/therapists>

National Referral Service:

SAMHSA's National Helpline, 1-800-662-HELP (4357) (also known as the Treatment Referral Routing Service), or TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Also, visit the online treatment locator, or send your zip code via text message: 435748 (HELP4U) to find help near you.

If you are experiencing a suicidal crisis or mental health-related distress, please contact 988 via phone or text. This is free, confidential, and available 24 hours a day. You may also find information on their website www.988lifeline.org.

If you are experiencing food or housing insecurity, and need access to mental health and other social services call 211. This free service will connect you with local organizations offering services. You may also find information on their website www.211.org