

## Wellness Class Resources: Rethinking Persistent Pain, 2024



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

### Audios/Videos Played in Class:

- Taming the Beast by Lorimer Moseley: <https://youtu.be/ikUzvSph7Z4>
  - Tame the Beast: <https://www.tamethebeast.org/>
- Calm Your Nervous System Visualization: <https://www.youtube.com/watch?v=omk2wlvFRHs>

### Recommended Reading:

[Explain Pain](#) by David Butler & Lorimer Moseley

[The Pain Reprocessing Therapy Workbook](#) by Vanessa Blackstone, Et. al

[Why Do I Hurt?](#) by Adriaan Louw

[Why Zebras Don't Get Ulcers?](#) by Robert Sapolsky

[Radical Relief: A Guide to Overcome Chronic Pain](#) by Joe Tatta

[Painful Yarns](#) by Lorimer Moseley

[The Pain Management Workbook](#) Rachel Zoffness, MS, PhD

[Take Charge of Your Chronic Pain](#) by Dr. Peter Abaci

[Unlearn Your Pain](#) by Dr. Howard Shubiner

### You Might Also Like:

- **Apps:**
  - Curable App: <https://www.curablehealth.com>
  - Pathways App: <https://www.pathways.health/>
  - Flowly Virtual Reality and Treatment: <https://www.flowly.world/>

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- **From Curable**
  - The Path In (and Out) of Chronic Pain by Curable: <https://www.curablehealth.com/makepdf/2/16/216/h/4879804936224768/path-of-pain-infographic.pdf>
  - Reset Your Pain Alarm Workbook: <https://www.curablehealth.com/makepdf/1/172/16/h/6745307271135232/reset-workbook.pdf>
- This Might Hurt, Movie: <https://www.thismighthurtfilm.com/>
- Northern Pain Center, Patient Resources: <https://www.northernpaincentre.com.au/wellness/>
- Pain Revolution, Essential Pain Facts: <https://www.painrevolution.org/factsheets>
- The Pain Toolkit: <https://www.paintoolkit.org/>
- Retrain Pain: <https://www.retrainpain.org>
- Mindfulness and Befriending Your Pain: <https://resources.soundstrue.com/podcast/jon-kabat-zinn-befriending-pain/>
- Understanding Pain: <https://www.youtube.com/watch?v=qEWc2XtaNwg>
- The Mysterious Science of Pain: [https://www.ted.com/talks/joshua\\_w\\_pate\\_the\\_mysterious\\_science\\_of\\_pain?subtitle=en](https://www.ted.com/talks/joshua_w_pate_the_mysterious_science_of_pain?subtitle=en)
- Pain and the Brain: <https://www.facebook.com/stanfordpainmedicine/videos/sean-mackey-md-phd-pain-and-the-brain/1313293282022746/>
- How to Think of Pain in a Way That Can Lessen Its Intensity: <https://www.psychologytoday.com/intl/blog/turning-straw-into-gold/201909/how-to-think-of-pain-in-a-way-that-can-lessen-its-intensity?msocid=0664ffb6af076d290072eb63aefc6c44>

## Mental Health Resources:

- Pain Reprocessing Therapy: <https://www.painreprocessingtherapy.com/>
- Find a Therapist Near You: <https://www.psychologytoday.com/us>

*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](http://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 [211.org](http://211.org)*

## Your Self-Talk Influences How You Feel

Take a moment to reflect on how you speak and think about pain. Changing the tone and language you use can positively influence your healing journey. There are beliefs and words that can harm new beliefs and words that can heal. Remember we are creating a sense of internal safety to turn down the sensitivity on our pain systems alarm over time.

This can be a simple process of using the “**3 C’s**” “**Catch it, Check it, Change it**.” When potentially harmful or stressful language/beliefs arise follow these steps to help reframe yourself with a neutral or positive mindset.

Catch yourself in negative or harmful thoughts and word choices around pain and stress.

Check the thought, by asking yourself, what else could be true?

Change the thought to something more accurate, which is likely to be something less anxiety-inducing or charged.

# Rethinking Persistent Pain

Understanding your body and chronic pain is therapeutic. It is important to take an active role in managing your pain, health, and well-being. The following resources may be helpful in your discovery and learning process.

