

Wellness Class Resources: Introduction To Stress Management for Pain 2025



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

Audios/Videos Played in Class:

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

Recommended Reading:

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

The Upside of Stress by Kelly McGonigal, Ph.D

The Joy of Movement by Kelly McGonigal, Ph.D

Why Zebra's Don't Get Ulcers by Robert M. Sapolsky

You Might Also Like:

Articles

- How Stress Affects the Body, Psych Central: <https://psychcentral.com/stress/the-physical-effects-of-long-term-stress#physical-effects>
- Effects of Stress on the Body: <https://au.reachout.com/articles/what-does-stress-do-to-the-body>
- What is cortisol- and should you actually be worried about it?
<https://www.nationalgeographic.com/science/article/cortisol-stress-hormone-explainer>
- Foods to Reduce Stress and Anxiety: <https://health.clevelandclinic.org/eat-these-foods-to-reduce-stress-and-anxiety/>
- Foods that reduce cortisol & relieve stress:
<https://www.mindbodygreen.com/articles/foods-that-reduce-cortisol>

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- Five Science-Backed Strategies to Build Resilience:
https://greatergood.berkeley.edu/article/item/five_science_backed_strategies_to_build_resilience

Videos

- A 10 min Meditation for Reframing Stress from Headspace:
<https://www.youtube.com/watch?v=IS0kcSNIULw>
- 4 -7 -8 Breath by Dr. Amy Thornton:
https://www.youtube.com/watch?v=FLoMgJrC7bg&ab_channel=BoomerangHealthcare
- TedTalk: How to Make Stress Your Friend:
https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language%20e=en
- Somatic Shaking: Shake off the Stress: https://www.youtube.com/watch?v=ySJT7EBMDH4&ab_channel=FaithHunter

Mental Health Support

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

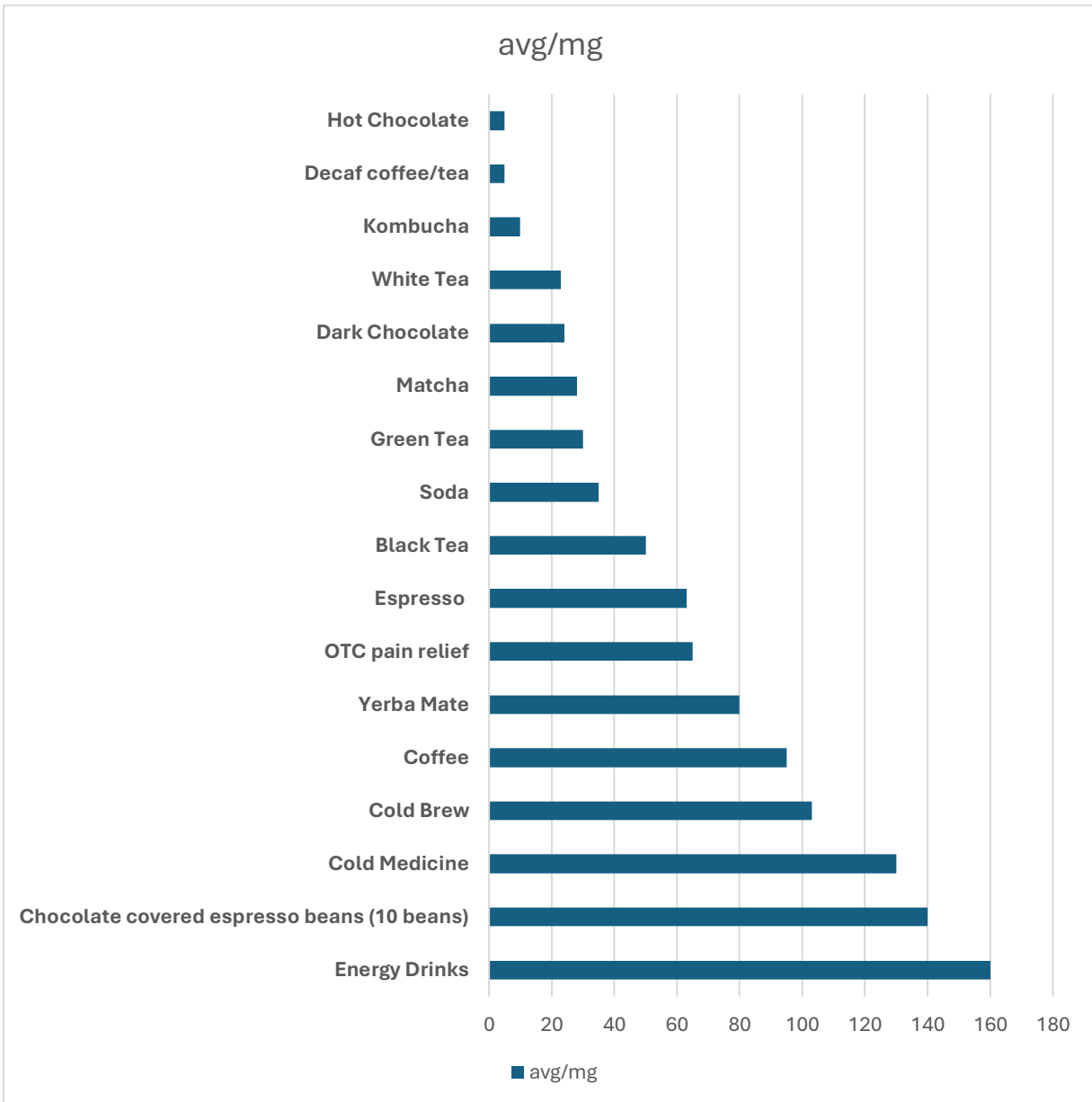
National Referral Service: SAMHSA's National Helpline, 1-800-662-HELP (4357), or TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides 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 211.org.



Caffeine Content List



Other consumables that may contain caffeine include snack bars, bottled water, chewing gum, coffee liquor and ice cream.

The FDA recommends the average adult can consume up to 400 milligrams (mg) a day. However, there is wide variation in both how sensitive people are to the effects of caffeine and how fast they eliminate it from the body.

Certain conditions tend to make people more sensitive to caffeine's effects, as can some medications. If you are concerned about a condition or medication, or if you're pregnant, trying to become pregnant, or breastfeeding, we recommend talking to your health care provider about whether you need to limit caffeine consumption.