Resources for Chronic Pain, Anxiety and Depression:

[www.arthritisresearchUK.org](http://www.arthritisresearchUK.org): search for Living With Long-Term Pain: A guide to self management. This is a free download from England that is 102 pages and has information on self management for treating chronic pain.

[www.selfmanagementresource.com](http://www.selfmanagementresource.com) this is a free website and has classes, programs and training for dealing with and coping with chronic pain.

Living a Health Life with Chronic Pain by Sandra M. Lefort and others. This is available as an ebook or as a paperback for around $20. I have read through this book and there is A LOT of very useful information and insights in to dealing with chronic pain. I may be able to loan you my copy. This is definitely worth the time to read if you have chronic pain or care about someone who does have chronic pain.

2Morrow Health App for iPhone or Android smart phones: 2Morrow Health has generously given us access to this app for free. The app has 4 programs: Weight Loss, Managing Stress, Chronic Pain and Quit Smoking. Go to [www.2MorrowHealth.net/DrLish](http://www.2MorrowHealth.net/DrLish) to download the app and get started.

[www.painaustralia.org.au](http://www.painaustralia.org.au) this is a website devoted chronic pain. There are activities, information and education and other resources for living with chronic pain.

<https://podcasts.apple.com/us/podcast/the-new-psychology-of-depression/id474787597>

Podcast (free): The New Psychology of Depression 6 episodes including what is depression, how Cognitive Behavioral Therapy can help and Mindfulness and the brain. Mindful Based Cognitive Therapy (MBCT) is based upon an ancient form of meditation, can also help us cope more effectively with the relentless demands of our increasingly frantic world. Professor Williams and Dr Penman co-authored the bestselling book Mindfulness: Finding Peace in a Frantic World.

<https://www.stitcher.com/podcast/plugging-into-life>

Podcast (free): Plugging Into Life: Chronic Pain Support

A Podcast about chronic pain management: The only podcast of it’s kind! A chronic pain patient interviews incredible guests including: prominent physicians, psychologists, psychiatrists, nutritionists, physical therapists, and other integrated medical professionals who specialize in pain management; along with pain patients themselves who are afflicted with varying conditions. Finally, a podcast based on managing chronic pain and general well-being with practical, easy to implement tips & recommendations.

[WWW.painiacpodcast.com](https://podcasts.apple.com/us/podcast/painiac-the-podcast-on-living-well-even-when-life-hurts/id1112653280)

# Painiac: The Podcast On Living Well Even When Life Hurts

# **Painiac: The Podcast on Living Well Even When Life Hurts by Shelly Jackson Buffington**

Painiac, the first podcast about mindfully living with chronic pain, is a free resource for people living with chronic pain or illness. Painiac is for people living with chronic pain and the awesome people who love them. We also explore what it means to live with various types of pain whether it be emotional, mental, or physical, and we share inspiring stories of other painiacs who are learning to live well even when life hurts. With host Shelly Jackson Buffington, listeners learn about topics such as managing expectations, asking for help, working with limitations, talking with your doctor, confidence, and self-care. Painiac features conversations with inspiring people across the globe who live with pain and thrive in spite of it. In each episode, Shelly shares simple and practical tools to help people reframe their relationship with pain and other challenging life experiences. To learn more, visit www.painiacpodcast.com.

[www.Painopolis.com](http://www.Painopolis.com)

### free website and podcast with a newsletter

### About Painopolis: When you’re caught in the jaws of chronic pain, you need proactive peers who really feel your pain. You need top experts who understand chronic pain from the inside out. You need cutting-edge, science-based tools and tactics. And you need seasoned journalists who've made chronic pain their beat. Enter Painopolis, the podcast that brings you riveting pain journeys, empowering perspectives, indispensable resources and game-changing discoveries straight from the pain front