

# Pain Management Therapy Service

## Helpful Resources

### Pain management:

- My Pain Toolkit by Pete Moore [www.paintoolkit.org](http://www.paintoolkit.org)
- YouTube: Understanding Pain in less than 5 minutes
- Pain information videos on-line by David Butler and Lorimer Moseley
- Books: 'The Protectometer' by Butler and Moseley. 'Pain is really Strange' by Steve Haines
- The Pain Management Therapy Team have handouts on managing activity, sleep and rest and relaxation. We are happy to send these and other information to you on request.

### Relaxation / Mindfulness

- Headspace - website and app
- Calm app
- Mindful Gnats - app for mindfulness and relaxation
- Book: Sitting Still Like a Frog

### Movement / yoga

- Morning yoga routine [www.youtube.com/watch?v=RcHlq-baTQ](http://www.youtube.com/watch?v=RcHlq-baTQ)
- 10 minute simple slow stretch yoga for beginners [www.youtube.com/watch?v=0xZ3iOswYM](http://www.youtube.com/watch?v=0xZ3iOswYM)
- Down Dog yoga app - this you can put in own limits to personalise the programme

### Wellbeing

- YoungMinds website - a national charity aimed at improving the mental health of children and young people
- SAM: self-help for anxiety management available for smartphones and tablets.
- Smiling Mind - provides 6 free mindfulness and wellbeing programs for children and adults.
- Kooth - on-line support and counselling for young people
- Book: 'The shyness and social anxiety workbook for teens' by Jennifer Shannon

