

### Websites for Online Support and Ideas:

**What is Pain?** A short video explaining how the brain works when you experience pain and what you can do to take control. <https://www.youtube.com/watch?v=GF2xhUKxzxY&feature=youtu.be>

**Pain processing in the brain: What is different in chronic pain?** This short film was developed to illustrate the extremely complex processes of pain transmission and pain processing in the brain. The film outlines what happens in the brain with acute pain and how this is different with chronic pain.

[https://www.youtube.com/watch?v=-2ckhR\\_unXQ](https://www.youtube.com/watch?v=-2ckhR_unXQ)

**The bio-psycho-social model of chronic pain.** This short video demonstrates how in the development of chronic pain, biological, psychological and social factors all play a role. These three factors can overlap and influence each other. The onset of a chronic pain disorder can start from any of the three areas.

<https://www.youtube.com/watch?v=saYSju61Xg8>

**Pain Management Network: PainBytes** contains seven videos by teens for teens discussing chronic pain. Videos include: Introduction to Pain, Pain and Physical Activity, Pain and Feelings, Pain and Mind-Body connection, Pain and School, Pain and Family, and Staying on Track. <http://www.aci.health.nsw.gov.au/chronic-pain/painbytes>

**Michigan Medicine, University of Michigan: Pain and Your Child or Teen** describes what pain is and how to treat it. Plus, gives lots of non-pharmacological resources and techniques for pain treatments and management. <http://www.med.umich.edu/yourchild/topics/pain.htm>

**The Comfort Ability** This program is designed to help children with chronic or recurrent pain and their parents learn strategies to better manage pain and improve day-to-day functioning. The Comfort Ability teaches how pain functions in the body and introduces cognitive behavioral and bio behavioral strategies for improved pain management. <https://www.thecomfortability.com>

**It Doesn't Have to Hurt** Partners with parents to improve pain management for children. Website contains various resources for parents and caregivers of children with chronic pain. [www.itdoesnthavetohurt.ca](http://www.itdoesnthavetohurt.ca)

**The Coalition Against Pediatric Pain** Supports and unites families affected by Pediatric pain. Educates others regarding long-term consequences of pediatric pain. Increases awareness of special needs children affected by pediatric pain. Fundraises for organizations that operate to alleviate pediatric pain. Provides resources for and funding to families and professionals affected by pediatric pain. [www.tcapp.org](http://www.tcapp.org)

**MYCAREPATH** Contains topics such as 'What is Chronic Pain', 'Understanding Pain', 'Managing Pain and Things to Try'. Lots of great information! [www.mycarepath.ca](http://www.mycarepath.ca)

**How to find relief in a painful world.** "I've heard from countless clients and loved ones recently about how sad, angry, and helpless they're feeling in response to all that is currently going on in our world. If you can relate to this emotional experience, please know this is very normal. And while it is very important ~ and psychologically healthy ~ to feel and express these emotions, it is also just as important to proactively **generate opposite emotions** that will aid in helping you to feel balanced, hopeful, and energized." Ashley Southard, PhD, LMFT <https://anewbeginning.com/find-relief-painful-world/>



### **Phone/Tablet Applications to Manage Pain and Stress**

There are various applications available to download through iTunes or Android stores (Google Play) on your phone, tablet or computer that many patients have found helpful in managing their every-day stress and chronic pain.

#### ***Pain Management***

WebMAP Mobile (All ages) Free

\*\*A brief cognitive-behavioral program where teens can learn about chronic pain, set goals for increasing physical activities, learn relaxation and imagery strategies and receive interventions for problems with sleep and low mood

#### ***Deep Breathing***

Breathe2Relax (All ages) Free

\*\* This is a portable stress management tool helping users learn diaphragmatic breathing. Breathe2Relax can be used as a stand-alone stress reduction tool. It is especially helpful for pacing one's own breathing.

Breathing Zone (All ages) \$3.99

\*\*Simple, easy to use app detects your breathing, tracking it on a graphic screen to help slow your pace. An effective guide to mindful breathing.

Bio-Breathe In & Out (All ages) \$0.99

\*\* This is a meditation and breathing tool that helps brighten up your mood and de-stress. It is done by visualizing happy faces coming in as you breathe in and sad faces leaving as you breathe out.

Stop, Breathe & Think (best for children) Free

\*\*Voted best health app. This app has a unique approach that allows you to check in with your emotions, and then recommends short, guided meditations, yoga and acupressure videos, tuned to how you feel. A recent study showed 46% reduction in anxiety with regular usage of the app.

Flowy (All ages) Free

\*\*An interactive game designed to distract you while teaching belly breathing.

#### ***Meditation and Relaxation***

Calm (All Ages) Free

\*\*2017 App of the Year. Great introduction to meditation. Options for sleep stories, guided breathing and more.

Wellsapces (All ages ~ mostly pre-teen to teens) Free

\*\*Watch stunning nature videos in silence, with music and nature sounds, or with gentle guiding. Being in nature reduces stress, elevates our mood, and improves our overall health and well-being.

Headspace (All ages) Free

\*\* A simple way to reframe stress. Relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day. Helps with restful sleep.

Simply Being – Guided Meditation (All ages) \$1.99

\*\*Elegantly simple app. Enjoy the benefits of meditation without prior experience. Choose meditation alone, with music or nature sounds.

Smiling Mind (All ages) Free

\*\*A mindfulness meditation app developed by psychologists and educators designed to assist with dealing with the pressure, stress and challenges of daily life.

Buddhify: meditation on the go (All ages) \$4.99

\*\*This app helps you bring more calm, clarity and kindness to all parts of your life. Integrates with Apple Health so you can track your meditation using the Mindful Minutes category within the Health app.



Stop, Breathe & Think Kids (Age 4-8) Free

Stop, Breath & Think (All ages) Free

\*\* Voted Best Health App. This app has a unique approach that allows you to check in with your emotions, and then recommends short, guided meditations, yoga and acupressure videos, tuned to how you feel.

Insight Timer – Meditation App for Sleep & Anxiety (All ages) Free *Spanish available*

\*\*#1 free meditation app. Use to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness. New guided meditations added daily. Great for beginners and experienced.

Autogenic Training Progressive Muscle Relaxation (All ages) Free

\*\*App provides five soothing relaxation exercises: Autogenic, progressive muscle, Chakra, Relaxation for breathing and Dreamscape.

BellyBio Interactive Breathing (All ages) Free

\*\*Put the iPhone on your stomach. Breathe deeply. Enjoy...

Breathe+ Simple Breath Trainer (All ages) Free

\*\*Breathe+ is a beautifully simple way to visualize your breathing. Use Breathe+ for daily relaxation, meditation and breath training.

Daily Calm Deep Breathing (All ages) Free

\*\*Discover and Practice New Breathing Techniques! Daily Calm is a perfect breathing assistant. Use the App for breathe visualization, relaxation, sleep improvement practices, stress reduction, breathing meditations, breath in yoga, breathing training and exercises and health improvement via proper breathe.

## ***Sleep***

Relax Melodies: Sleep Sounds (All ages) Free

\*\*Select sounds and melodies you like, combine them and adjust the volume of each to create a mix. Use Sleep Moves: guided exercises done with a pillow to bring you a blissful sleep every night.

Sleep Cycle alarm clock (All ages) Free

\*\*Alarm clock and sleep tracker. This app is an intelligent alarm clock that tracks your sleep patterns and wakes you up in light sleep – the natural way to wake up, feeling rested and energized. No need to place your device in bed – Sleep Cycles uses sound analysis sleep tracking.

Moshi Twilight Sleep Stories (All ages – best for children) Free

\*\* Soothing bedtime stories and sounds. Helps children relax and drift calmly off to sleep. Partners with the Calm.com, soothes wary minds and helps children drift off to sleep.

iSleep Easy – Meditation for Restful Sleep (All ages – best for adolescents) Free and \$3.99

\*\*Nine guided sleep meditations, four music choices, five nature sounds, three pre-set playlists, and tips for falling asleep. Recommended by USA Today, CNN, Cosmopolitan magazine and The Sleep Revolution book.

## ***Anxiety and Stress Management***

At Ease: Anxiety and Worry Relief (Adolescents) \$2.99

\*\*Three guided breathing meditations designed to reduce anxiety. Includes a journaling feature. Relax quickly and stop the “Anxiety-Worry Spiral”.

CBT-i Coach (All ages) Free

\*\*Not meant to replace therapy but can be helpful with symptoms of insomnia. This app is meant to augment face-to-face care with a professional. It will guide you through the process of learning about sleep, developing positive sleep routines, and improving your sleep environment.