



My Pain Management Tool Kit

The following resources can help you to better understand pain and how to manage it

Get ready for your first clinic appointment with these resources:

- 📄 Tips, support, and personal stories: <https://painhealth.csse.uwa.edu.au>
- 📄 Learn about pain in this 5min video: <https://www.tamethebeast.org/>
- 📄 Watch these engaging and funny talks by expert in the field, Professor Lorimer Moseley to better understand pain:
 - [Pain, the brain and your amazing protectometer - Lorimer Moseley - YouTube](#)
 - [TEDxAdelaide - Lorimer Moseley - Why Things Hurt - YouTube](#)
- 📄 Listen to Dr. Tasha Stanton talk to ABC's Dr. Norman Swan about the brain and pain: [The brain's role in pain - Health Report - ABC Radio National](#)
- 📄 Introduction to understanding pain (also in many languages): <https://www.retrainpain.org/>
- 📄 [PainChats](#) helps you find answers to common questions about pain and get useful, evidence-based advice
- 📄 An evidence-based blog by leaders in the field: <http://www.pain-ed.com/public/>
- 📄 Great free evidence-based course for Osteoarthritis: <https://www.oaoptimism.com/>
- 📄 Start thinking about your values before your first clinic session by watching this video by Russ Harris: [Values vs Goals - By Dr. Russ Harris - YouTube](#)

Concerns about medications:

- 📄 SafeScript: <https://www2.health.vic.gov.au/public-health/drugs-and-poisons/safescript/consumers-and-families>
- 📄 Better health channel: www.betterhealth.vic.gov.au
- 📄 National Prescriber service: www.nps.org.au
- 📄 Information on combining alcohol and medications:
<https://adf.org.au/insights/preventing-harm-aod-covid-19/>
- 📄 Watch this interesting video by Professor David Butler about the drug cabinet in our brain:
<https://www.youtube.com/watch?v=Gd2NaGZa7M4>

Online courses for pain and mental health:

- 📄 <https://thiswayup.org.au>
- 📄 <https://ecentreclinic.org/?q=OurCourses>
- 📄 <https://mindspot.org.au/pain-course> (MindSpot offer several courses. Their pain course is 5 lessons over an 8-week period)



Pain and nutrition:

- 📄 Watch this brief video highlighting the importance of nutrition for pain: [Nutrition and Pain: Rules for Success - YouTube](#)
- 📄 Watch these TED talks on nutrition for health:
 - [Your Gut Microbiome: The Most Important Organ You've Never Heard Of | Erika Ebbel Angle | TEDxFargo - YouTube](#)
 - <https://www.youtube.com/watch?v=3dqXHHCc5IA>

Pain and Sleep:

- 📄 Watch these short videos from neuropsychologist and sleep expert, Matthew Walker:
 - [5 Tips For Falling Asleep Quicker, According To A Sleep Expert - YouTube](#)
 - [Sleep is your superpower | Matt Walker - YouTube](#)

Pain Heroes:

- 📄 <https://www.mycuppajo.com/> is written by pain advocate, educator and speaker Joletta Belton
- 📄 [Paintoolkit.org](#) is a website by Pete Moore who has a lived experience of pain. It includes workbooks and courses

Podcasts:

- 📄 “Tell me about your pain” – Discussions with people living with pain. From the guys who bring you the ‘Curable’ app: <https://www.curablehealth.com/podcast/your-pain>
- 📄 “Aches and Gains” – American pain physician, Dr Paul Christo interviews celebrities about how they have overcome their chronic pain: <https://podcasts.apple.com/us/podcast/aches-and-gains-with-dr-paul-christo>
- 📄 “Empowered beyond pain” – Discussions on the latest evidence for pain with leaders in the field: <https://bodylogic.physio/podcast/trailer/>

Books:

- 📄 “Manage Your Pain” Michael Nicholas, 2011
- 📄 Rewire your pain. A book for people with persistent pain: <https://www.rewireyourpain.com/>
- 📄 “Living Well with Pain and Illness: The Mindful Way to Free Yourself from Suffering” by Vidyamala Burch, 2008
- 📄 “Why do I hurt?” Adriaan Louw
- 📄 “Heal Your Pain Now: The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life” by Joe Tatta, 2017
- 📄 “The Mind/Body Prescription” by John Sarno, 1999
- 📄 “The Pain-Free Mindset. 7 Steps to Taking Control and Overcoming Chronic Pain” by Deepak Ravindran, 2021