**RESOURCES FROM ENDOMETRIOSIS AND PAIN WEBINAR**

**MINDFULNESS RESOURCES:**

**Mindfulness Apps:** Stop, Breathe, & Think; Headspace; Calm; Protectometer; Mindshift

**Mindfulness Web:** Jon Kabat Zinn; Palouse Mindfulness; Lifeisnow.com; Protectometer.com

**To calm nerves and relieve stress, simple breathing technique:**
**Box Breathing** https://www.youtube.com/watch?v=z77vPr4n9Hw

**To ground by connecting to the 5 senses and defuse anxiety by reorienting one to the present: 54321 Method** https://www.youtube.com/watch?v=7o-oqjiLAOs

**ONLINE PAIN EDUCATION RESOURCES:**

- Tame the Beast

https://www.youtube.com/watch?v=ikUzvSph7Z4

- Understanding Pain (2018 version)

https://www.youtube.com/watch?v=aH9NG1c6mlY

- Understanding Pain – Brainman chooses

https://www.youtube.com/watch?v=jIwn9rC3rOI

- BC Women's Pelvic Pain & Endometriosis Clinic

http://www.bcwomens.ca/health-info/sexual-reproductive-health/pelvic-pain-endometriosis#Videos--&--handouts

- Lifeisnow.ca

**PAIN EDUCATION BOOKS**

- Butler, D., & Moseley, L. (2003). Explain pain.
- Caudill, M. (2009). Managing pain before it manages you. 3rd ed.
- Gardner-Nix, J. (2009). The mindfulness solution to pain: Step-by-step techniques for chronic pain management.
- Pearson, N. (2007). Overcome pain, live well again

**MENTAL HEALTH RESOURCES**

**Anxiety Canada:** https://www.anxietycanada.com/

- Articles and support for anxiety as well as articles on COVID19 related topics
- Includes tips/techniques and support for target specific disorders
- My Anxiety Plans (MAP) for adults and children (6 units with total of 45 lessons): CBT
- Free download mobile app –MindShift CBT

**Wellness Together Canada -Mental Health and Substance Use Support:** https://ca.portal.gs/

- FREE wellness assessment and tracking, self-guided courses, apps, and additional resources, group coaching/community support info, counselling by text or phone
- Includes modules for addressing low mood, worry, substance use, social isolation and relationship issues

**GENERAL CHRONIC PAIN & PELVIC PAIN ONLINE RESOURCES:**

**BC Women's Hospital & Health Centre -Centre for Pelvic Pain & Endometriosis:**
http://www.bcwomens.ca/health-info/sexual-reproductive-health/pelvic-pain-endometriosis#Videos--&--handouts

**Toronto Academic Pain Medicine Institute:** http://tapmipain.ca/patient/

**University of Victoria -Chronic Pain Self-Management Program:**
https://www.selfmanagementbc.ca/chronicpainprogram

**Endometriosis self-care advice during COVID19:**
https://www.ed.ac.uk/centre-reproductive-health/exppect-endometriosis/covid19-advice-nhs-lothian-endometriosis

**ENDOMETRIOSIS PATIENT SUPPORT GROUP**

**The Endometriosis Network of Canada:** https://endometriosisnetwork.com/