

# Pain Management for Young Adults – Resource List

## Websites

**<http://fcrc.albertahealthservices.ca/transition>** Website developed for youth 12 years and up to assist with managing healthcare needs. Tips on taking charge of your own healthcare, what adult care is like, supports and resources available.

**<https://maps.anxietycanada.com/courses/my-anxiety-plan-map-for-adults>** My Anxiety Plan (MAP) is an anxiety management program based on cognitive-behavioural therapy. MAP is designed to provide adults/children struggling with anxiety with practical strategies and tools to manage anxiety.

**<https://www.mycarepath.ca>** Website for youth experiencing chronic pain. Resources for understanding and managing pain, and a plethora of useful resources (books, apps, pod casts, videos). An account gives access to modules and learning resources to support your recovery.

**[www.gotabrain.ca](http://www.gotabrain.ca)** Provides information of interest to young adults about mental health and mental illness.

**[www.mindyourmind.ca](http://www.mindyourmind.ca)** A Canadian-based youth mental health website that uses games and entertaining tools to educate young adults on mental health issues, and tools to help others cope with mental illness.

## Podcasts

**Pain Concern** Radio program/podcast "Airing Pain" brings together people with chronic pain and top specialists to talk about the resources to help. A new episode is released each month.

## Books

**From Surviving to Thriving: Developing Personal and Academic Resilience** Free e-book:  
[https://www.workplacestrategiesformentalhealth.com/pdf/From\\_Surviving\\_to\\_Thriving\\_EN.pdf](https://www.workplacestrategiesformentalhealth.com/pdf/From_Surviving_to_Thriving_EN.pdf)

**Worry taming for teens** (Garland, J.E., Clark, S.L., Earle, V., 2002). Written specifically for youth, this manual explains the nature and basis for anxiety, the different types of anxiety, and includes information on medication. It also includes specific coping strategies for youth.  
<https://libraries.phsa.ca/permalink/bookstore100006>

## Pain Management for Young Adults – Resource List| 2

### Forum

**Pain Concern Carer Community Forum** For young adults living with and/or caring for someone with chronic pain. The goal is to get support from and share experiences with others in similar situations.

For patients: <https://healthunlocked.com/painconcern>

For carers: <https://healthunlocked.com/painconcern-carer>

### Mobile Apps

Please note that Apps may involve a cost (\$\$\$) to you.

### Mental Health

**Alberta Addiction & Mental Health Research Partnership Program, 2017.** A variety of apps including but not limited to smoking cessation, autism, depression, anxiety, and CBT.

**Breathe 2 Relax.** A portable stress management tool that provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn stress management skills.

**Breathr.** Helps introduce the concept of mindfulness and create an easy access point for those who are new to this practice.

**Calm.** A subscription-based app that promotes relaxation through meditations, sleep stories, nature images, and sounds.

**Daylio.** Allows you to track your moods and daily activities. Within 5 days of regular tracking, you'll start getting feedback reports that identify the connection between what activities you do when you feel great and what's happening in your life on bad days.

**e-catch the Feeling.** Reinforce your positive feelings on the go using a Brain Training Exercise.

**Headspace.** Meditation made simple. Learn online, when you want, wherever you are, in just 10 minutes a day.

**MindShift CBT.** Interactive cognitive-based tools to help you reorient your thinking and behavioral strategies to help you to take action and make lasting positive change. Get tools to tackle worry, panic, perfectionism, social anxieties and phobias.

## Pain Management for Young Adults – Resource List| 3

**MoodNotes.** Capture your mood and improve your thinking habits through an innovative approach to journaling. Helps you to track your mood over time, avoid common thinking traps, and develop perspectives associated with increased happiness and well-being.

**MyCalmBeat.** A brain exercise that helps improve your ability to manage stress through slow breathing. Slow breathing allows you to increase the variability of your heart rate to decrease stress, improve focus and build resilience.

**Self-Esteem Daily Affirmations.** Truths everyone should know - building healthy self esteem through creative daily affirmations.

**Simply Being.** Enjoy the deep relaxation, stress relief and benefits of meditation without prior experience.

**Stop, Breathe and Think.** Allows you to check in with how you are feeling and recommends short activities and guided meditations tuned to those emotions.

**SuperBetter.** The goal is to help build resilience: staying strong, motivated, and optimistic even in the face of change and difficult challenges. Playing SuperBetter unlocks heroic potential to overcome tough situations and achieve goals that matter most.

**Take A Chill.** As a teen, there are moments in your life when you're really stressed and just need to Take a Chill. This app is full of tools to help manage that stress, and bring mindful practices into a daily routine.

**Year in Pixels.** This app asks you to rate how your day was by assigning a color to your rating. You can add the emotions you felt that day and also a diary entry to give additional details.

### Chronic Pain

**Canadian Migraine Tracker.** You can monitor what is important for you: headache frequency but also triggers, symptoms and medication response.

**Migraine Buddy.** Allows you to track location of pain, triggers and lifestyle factors - all specific to migraine. It also features an automatic weather tracker and can send you a notification of the next 24 hours forecast.

**My Pain Diary: Chronic Pain & Symptom Tracker.** Allows you to track, manage, and report on your pain, symptoms, and triggers. An interactive graph and color-coded calendar help you identify patterns, trends, and correlations.

## Pain Management for Young Adults – Resource List| 4

**Pain Diary and Forum-CatchMyPain.** Allows you to visualize and monitor your pain by creating detailed drawings and by tracking other relevant information. The diary will help you to explain your pain to any medical practitioner. In addition, you can exchange insights with others.

**Pain Scale.** In addition to its tracking function, you can also check out the app's community feature, to see how other people with similar conditions manage their pain. The app also includes a library of articles and videos from medical sources.