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| **Support Group Leader Training Resource** |
| **Subject: Various useful links Pain Control** |

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| [Reducing Pain Behaviors: Coping with Pain Series (instituteforchronicpain.org)](https://www.instituteforchronicpain.org/blog/item/210-reducing-pain-behaviors-coping-with-pain-series)  [Northern Pain Centre – Specialist Pain Solutions](https://www.northernpaincentre.com.au/)  [Top 21 Chronic Pain & Illness Blogs - Pathways](https://www.pathways.health/top-21-chronic-pain-illness-blogs/)  [Pain Perception Can Be Modulated by Mindfulness Training: A Resting-State fMRI Study (nih.gov)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5102902/pdf/fnhum-10-00570.pdf)  [Pain Science Gems from Prof. Lorimer Moseley - Pathways](https://www.pathways.health/pain-science-gems-from-prof-lorimer-moseley/)  [Stress and Chronic Pain (instituteforchronicpain.org)](https://www.instituteforchronicpain.org/blog/item/123-26stress-and-chronic-pain)  [Chronic Pain and Chronic Stress: Two side of the coin](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5546756/pdf/10.1177_2470547017704763.pdf)  [Chronic Pain & Nutrition – Northern Pain Centre](https://www.northernpaincentre.com.au/wellness/chronic-pain-nutrition/)  [Chronic Pain Patient Resource List – Northern Pain Centre](https://www.northernpaincentre.com.au/wellness/chronic-pain-patient-resource-list/) |

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| *Please use this article as a reference tool – Various links* |