

**YouTube and TEDtalks**

Name	Why it's good ...
<a href="#"><b>Tame the beast – it's time to rethink persistent pain</b></a>	A short (5min) animation that discusses what persistent (chronic) pain is, what causes it and why how you think about pain changes the way it feels.
<a href="#"><b>Understanding pain in less than 5mins</b></a>	A short (5min) video that explains chronic pain and the self-management tools for managing it.
<a href="#"><b>Understanding pain: brainman chooses</b></a>	A short (2min 29sec) animation on an active evidence-based approach to chronic pain.
<a href="#"><b>Understanding pain: brainman stops his opioids</b></a>	A short (1min 45sec) animation on what happens when you stop taking your opioids.
<a href="#"><b>Explaining chronic pain: the role stress plays and the creation of learned nerve pathways</b></a>	A short (9min) video explaining chronic pain and your nerve pathways and how it may not be all it seems.
<a href="#"><b>“Walk in my shoes” quick meditation videos</b></a>	Each of these animations take you through a meditation/mindfulness activity in less than 5mins – great for learning the basics.
<a href="#"><b>Chronic pain and pacing activities</b></a>	A short (4min 48sec) video which explains how and why to pace when you have chronic pain.
<a href="#"><b>How your body works: Why do we have to sleep?</b></a>	A short (8min 22sec) video that explains why we sleep, the importance of sleep and how to improve sleep.
<a href="#"><b>Pain, the brain and your amazing protectometer</b></a>	This talk by Lorimer Moseley (1hr 23min) explains why pain persists and why your brain becomes overprotective to the pain the body feels. It goes through proven tools to retrain your pain system.
<a href="#"><b>SMART Goals – Quick Overview</b></a>	A short (5min 45sec) animation of how to set SMART goals and ensure you achieve them.

*Click on the name to watch the video.*

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<a href="#"><b>The importance of sleep</b></a>	A short (4min 58sec) video on the 8 benefits of a good night's sleep and tips for getting a better night's sleep.
<a href="#"><b>Neuroplasticity Explained</b></a>	A short (2min 20sec) video that explains neuroplasticity and neurofeedback.
<a href="#"><b>What is Neuroplasticity?</b></a>	A short (3min 14sec) video which explains what neuroplasticity is.
<a href="#"><b>TEDtalk: One more reason to get a good night's sleep</b></a>	A short (11min 45sec) video that is humorous and will definitely have you wanting to get a good night's sleep.
<a href="#"><b>TEDtalk: The surprising charming science of your gut</b></a>	A short (14min 3sec) TEDtalk on your gut and its connection to mental health.
<a href="#"><b>TEDtalk: All it takes is 10mindful minutes</b></a>	A short (9min 24sec) TEDtalk from the founder of headspace on the benefits of mindfulness.
<a href="#"><b>TEDtalk: Why things hurt</b></a>	A short (14min 32sec) TEDtalk from Lorimer Moseley explaining why the pain we feel protects us from further damage.
<a href="#"><b>TEDtalk: Low Back Pain: Myths vs Facts</b></a>	A short (14min 33sec) TEDtalk on why lower back pain is often mismanaged and navigating the information you receive.
<a href="#"><b>TEDtalk: The mystery of chronic pain</b></a>	A short (8min 29sec) TEDtalk on chronic pain, our nervous system and the feedback loops.
<a href="#"><b>TEDtalk: How meditation can reshape our brain</b></a>	A short (8min 33sec) video on how meditation can change the size of regions of our brain ... making us more empathetic, compassionate and resilient under stress.
<a href="#"><b>TEDtalk: The brain-changing benefits of exercise</b></a>	A short (13min 3sec) video on how exercise can change your brain, boost your mood, improve your memory, and delay the onset of dementia.

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<a href="#"><b>23 and 1/2 hours: What is the single best thing we can do for our health?</b></a>	A short (9min 18sec) animation on the health benefits of exercise.
<a href="#"><b>Cognitive and mindfulness-based pain care with Dr Beverly E Thorn</b></a>	This podcast (1hr 2min) looks at the research of Dr Beverly Thorn into cognitive behavioural therapy and chronic pain.
<a href="#"><b>TED-Ed: How the food you eat affects your brain</b></a>	This short (5min 52sec) animation looks at the effects of what we eat on our brain.
<a href="#"><b>The gut-brain connection</b></a>	This short (2min 2sec) video discusses the connection of gut health on physical and mental health.
<a href="#"><b>Chronic pain and fear-avoidance</b></a>	This short (4min 43sec) animation discusses a common cycle that occurs in chronic pain and the negative impact it can have on your pain.
<a href="#"><b>Prof Phil Siddall on values and chronic pain</b></a>	This video (20min 9sec) was taken at the 2015 National Pain Week conference and is presented by Dr Phil Siddal. It highlights how our values impact on chronic pain.
<a href="#"><b>How to take control of your life – the life changing mindset</b></a>	This short (8min 15sec) video looks at how changing your locus of control from an external to an internal can shift your sense of control over your life.
<a href="#"><b>Growth Mindset vs Fixed Mindset</b></a>	This short (5min 3sec) animation discusses how embracing problems as opportunities to learn and grow can help overcome obstacles in our path and the distress they cause.
<a href="#"><b>TEDtalk: Grit: the power of passion and perseverance</b></a>	This short (6min 12sec) TEDtalk looks at how “grit” is a predictor of success and overcoming obstacles.
<a href="#"><b>TEDtalk: Getting stuck in the negatives</b></a>	This TEDtalk (9min 52sec) looks at how our thinking impacts on our emotions and behaviours; and why it is so easy to get stuck in the negatives.

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