1. **Understanding Persistent Pain**

*You tube understanding pain in 5 mins*

<https://www.youtube.com/watch?v=4b8oB757DKc>

*The Pain Tool-kit*

<http://www.paintoolkit.org/>

*Dorset Community Pain Service*

<http://www.dorsetpain.org.uk/>

**2. Managing Long Term Health Conditions**

*My Health My Way*

[**www.myhealthdorset.org.uk**](http://www.myhealthdorset.org.uk)

## On line free educational self-management guide for fibromyalgia

[**www.fibroguide.com**](http://www.fibroguide.com)

<http://www.neurosymptoms.org/>

1. **Mindfulness mediation**

To decrease stress and improve rests

[www.bemindful.co.uk](http://www.bemindful.co.uk)

## Useful apps for the IPhone/pod/pad

 **Mindfulness**

Guides you through mindfulness meditations over varying duration e.g. 3,5,15 or 30minutes

<https://itunes.apple.com/app/mindfulness-meditation/id312327144>

1. **ActiveME**

Pacing app that helps self-management of ME/CFS £1.49

<https://itunes.apple.com/gb/app/activeme/id458308805>

## Free mindfulness resources in iTunesU

 **Mindfulness in Medicine** by UW Integrative Medicine

<https://itunes.apple.com/gb/itunes-u/mindfulness-in-medicine/id430427770>

 **Mindful Meditations** by UCLA

<https://itunes.apple.com/gb/itunes-u/mindful-meditations/id434136047>

## Free Back pain apps IPhone/pod/pad

 **BackCare** – back pain and back care app with excellent exercises

<https://itunes.apple.com/gb/app/backcare-for-back-pain-bad/id391296544>

 **Yogaspot** – app takes you through home yoga routine – excellent exercises

 <https://itunes.apple.com/gb/app/yogaspot/id374953057>

## On line CBT program outline for CFS/ME

 <http://www.kcl.ac.uk/innovation/groups/projects/cfs/patients/history.aspx>