

## Overview of contents and type of resources in iSelf-help

Module	PAR Content	Type of Resource
0) Welcome	Rules and expectations	Text
	Introductory video	Video
	Pain Ngata	Illustration
	Pain as baggage	Illustration
	Tame the beast	Youtube video
1) Exercise	Introductory video	Video
	Education video	Video
	Components of exercise	Text
	Physical activity and persistent pain	Text
	Benefits of walking	Existing on Melon
	Exercise videos	Video
2) Sensory nervous system	Introductory video	Video
	Education video	Video
	A normal example of SNS	Animation
	Visual illusions	Text
	Gorilla story	Youtube video
	SNS in context of pain	Animation
	Snake story	Youtube video
	Purpose of pain	Text
	Soldier in the battlefield	Text
	Acute vs. chronic pain	Text
	Visualisation of the staircase	Audio
	The pause	Audio
3) Stress response	Introductory video	Video
	Education video	Video
	Fear avoidance model	Illustration
	Breathing for pain	Video
		Text
		Text
	Tornado	Illustration
	Breathwork video	Video
Tiger in the room	Illustration	

Module	PAR Content	Type of Resource
	Counting breathing	Audio
	Breathwork video	Video
4) Think, feel, do	Introductory video	Video
	Education video	Video
	Sushi train metaphor	Youtube video
	The 3 main parts of your brain	Youtube video
	Triune brain	Illustration
	Strategies to analyse thoughts	Text
	Safe place	Audio
	Body scan	Audio
5) Memory of pain	Introductory video	Video
	Education video	Video
	Concept of neurotags	Animation
	Baker	Youtube video
	Implicit memory and pain	Text
	Deep breathing for pain	Audio
	Changing colour technique	Audio
	Change pain techniques	Text
6) Taking charge	Introductory video	Video
	Education video	Video
	Purposeful activity and boom bust cycle	Video
	Graded exposure	Video
	Interval training with Will	Existing on Melon
	Chair yoga flow	Existing on Melon
	The sofa workout	Existing on Melon
	STAR	Audio
7) Thinking and doing skills	Introductory video	Video
	Education video	Video
	Abdominal breathing	Text
	What is mindfulness	Text
	Brownpaper bag parcel	Audio
	The whiteboard	Audio
8) Medication	Introductory video	Video
	Education video	Video
	Listed groups of medications	Text
	Lock and key scenario	Illustration
	Medsafe website	Text

Module	PAR Content	Type of Resource
	Link to medication statements	Text
9) Sleep	Introductory video	Video
	Education video	Video
	Similarities between fatigue and pain	Text
	Sleep and pain	Text
	Facts about sleep	Existing on Melon
	Fall asleep quickly	Existing on Melon
	Six steps for better sleep	Existing on Melon
	Gentle yoga to help you sleep	Existing on Melon
	Combat sleep deprivation	Existing on Melon
	Relaxation - blanket	Audio
	Relaxation - visualisation, the corridor	Audio
10) Making plans with pain	Introductory video	Video
	Education video	Video
	Tiny habits	Existing on Melon
	Setting goals	Text
	Bull's eye	Text
	Goal setting form	Text
11) Sharing the journey	Introductory video	Video
	Education video	Video
	Pain Ngata	Illustration
	Doors analogy	Illustration
12) Pulling it all together	Introductory video	Video
	Education video	Video
	Explain pain	Youtube video
	NZ Pain Society booklet	PDF
	Walk 3 miles at home	Existing on Melon
	Aqua jogging	Existing on Melon