

Finding Your Body's Resources in Chronic Pain

InsightTimer

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Practice now:

[Mindfulness & Self-Compassion For Chronic Pain](#)

When living with pain, it's easy to become preoccupied with discomfort and symptoms. Our attention may gravitate toward what's hurting or difficult, amplifying the sense that our whole body is struggling. This natural focus on pain can overshadow other experiences within us.

Why Resources Matter in Chronic Pain

Resourcing means searching for and noticing parts of ourselves that feel okay, even in the midst of chronic pain. By connecting with areas that feel safe, comfortable, or simply neutral, we remind the nervous system that not everything is threat or damage. These inner resources - whether physical sensations, emotions, or capacities - support resilience, grounding, and a renewed sense of possibility.

Resources give us:

A sense that our body isn't completely broken

Reminders that we still have capacity and strength

A way to work WITH our body instead of against it

Hope that healing and regulation are possible

Places to "rest" our attention when pain feels overwhelming

Examples of What Might Work

01

Movement Examples:

"I may not be able to lift my arms overhead, but I can gently move my fingers." "I may not be able to walk long distances, but I can shift my weight from foot to foot." "I may not be able to turn my neck, but I can slowly blink my eyes."

02

Sensation Examples:

"My back might be in pain, but my hands feel warm and relaxed." "My head might be pounding, but my feet feel grounded and stable." "My stomach might hurt, but the skin on my arm feels soft and comfortable."

03

Function Examples:

"I may not be able to think clearly, but I can still breathe deeply." "I may not be able to stand for long, but I can still taste my morning coffee." "I may not be able to do my usual exercise, but I can still feel my heart beating steadily."

04

How to Practice:

Take a gentle body scan and ask: "What's working right now? What feels neutral or okay? What part of my body isn't demanding my attention?" Even finding one small area that feels fine can be a resource.

05

Why This Helps:

Acknowledging what's working shifts your nervous system from "everything is broken" to "some things hurt AND some things are okay." This helps reduce overall activation and reminds your body that it still has capacity and resources, even in pain.