

RESILIENCE AND CHRONIC HEADACHES

READINGS

To help you become aware of the type of critical thinking that will help you improving your headaches, please read the articles found at torontoconcussion.ca
> Education > Library > ...

- 1) <https://torontoconcussion.ca/terminology/language-recovery/>
- 2) <https://torontoconcussion.ca/terminology/socratic-dialogue/>
- 3) <https://torontoconcussion.ca/terminology/decision-making-style/>
- 4) <https://torontoconcussion.ca/terminology/responsibility-pie/>
- 5) <https://torontoconcussion.ca/terminology/strengths-resources/>

REFLECTION ON READINGS

- A. How can these topics be relevant to your experience of life?
- B. How you could apply the knowledge in these articles to improve your situation?