

Living PROOF

1) Our two short films on recovery from a) chronic pain - Charli's story - and b) ME/CFS - Fiona's story - these sit on our YouTube channel - and the links are below but let me know if you need these shared in a different way

https://youtu.be/2lZ_bdCn4B8

<https://youtu.be/ol2vCYXPRAY>

2) A series of replays from our patient webinars - Stories of Hope Online / Stories of Hope & Science

[Conversation with Dr David Clarke](#)

[Presentation by Dr Will Bostock](#)

[Recovery story from Fiona](#)

[Presentation by pain therapist, Vanessa Blackstone](#)

Coming soon - conversation with Dr Becca Kennedy

3) A blurb about Stories of Hope Online - our series of patient webinars - we would love for you to promote these on your patient-facing site:

Living Proof - Stories of Hope Online

Stories of Hope Online is our series of real-life recovery-story webinars, hosted monthly on Zoom. Each session features a recovery story from a friend of Living Proof. You will hear from someone who has lived with chronic debilitating symptoms - and used mindbody medicine to

reduce and resolve their symptoms - and reclaim their life. There is also a Q&A with a panel of recoverees who all share their insights, experiences, tools and tips in response to questions about mindbody healing.

On certain months, we feature a special edition of this series - Stories of Hope & Science, where we invite experts and trailblazers in mindbody medicine to join the conversation and share their professional insights.

These sessions are suitable for anyone facing chronic symptoms and using the neuroplastic / mind-body approach to recover. Or anybody supporting someone on this journey. The sessions offer a welcoming community space to learn, receive support and be inspired. Upcoming sessions of Stories of Hope are advertised on [Living Proof's website](#) along with replays from previous webinars . Places at the sessions are limited to keep things 'cosy' and make sure everyone has the opportunity to ask their questions ... so please register early. Questions? Reach out to Living Proof - hello@livingproof.org.uk.

4) A couple blogs that have a lifestyle medicine focus:

Dr Sarah Gawthorpe's piece on recovery from long covid using a lifestyle/mindbody medicine approach - <https://www.livingproof.org.uk/post/dr-sarah-recovery-story>

Ilke de Lange's piece on lifestyle factors that influence nervous system health - <https://www.livingproof.org.uk/post/healthy-lifestyle-habits-for-your-nervous-system>