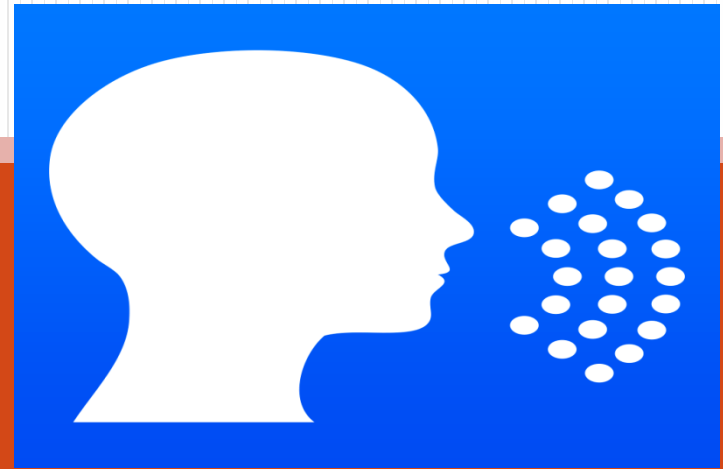


Pain Management

- We often 'block' pain, for example by using distraction or strong emotion. This can be exhausting
- or feel we are 'drowning' in it which can feel overwhelming
- A Middle way is to use some distraction, some 'turning towards' the pain and some simple techniques



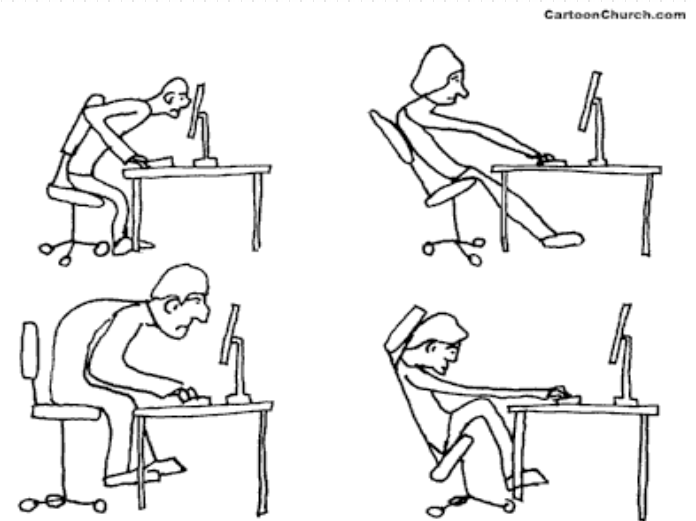
Breathing



We carry breath around with us!!

It is part of the Fight or Flight response – when we take a deep breath we are hard wired to let go of tension and breath deeper still – this takes the pressure off nerves and equals less pain

Posture



We carry this around too!

BAD POSTURE (EXAMPLES OF)

How we 'carry' ourselves gives feedback to ourselves and others. Positive stance makes us feel better.

Neurological advantages – an upright neck spine is less likely to result in pain

Imagine someone is pulling you up to the ceiling or sky from a thread attached to the top of you head!

Distraction

- Techniques: Body scans – in your mind scan through your body like a scientist noticing all sensations – including all without labelling them good or bad – notice that there are many quiet places in your body where you can ‘go’.
- Activities: favourite hobbies, seeing friends and work
- Techniques like Tai Chi/yoga
- Meditation
- Guided visualisation – see <https://www.rnoh.nhs.uk/clinical-services/rehabilitation-guidelines> and then go to Peripheral Nerve Injuries for some relaxation techniques



Disadvantage:

Fatigue

‘Blocking off’ pain requires effort so combine with

....

...Turning towards the pain



This may be difficult at first, but in the spirit of enquiry ask yourself – is the pain always the same? Is it as bad as I anticipate? Notice that you can accept the pain and still notice other things around and about...life goes on ...

And.....

Re-labelling it kindly

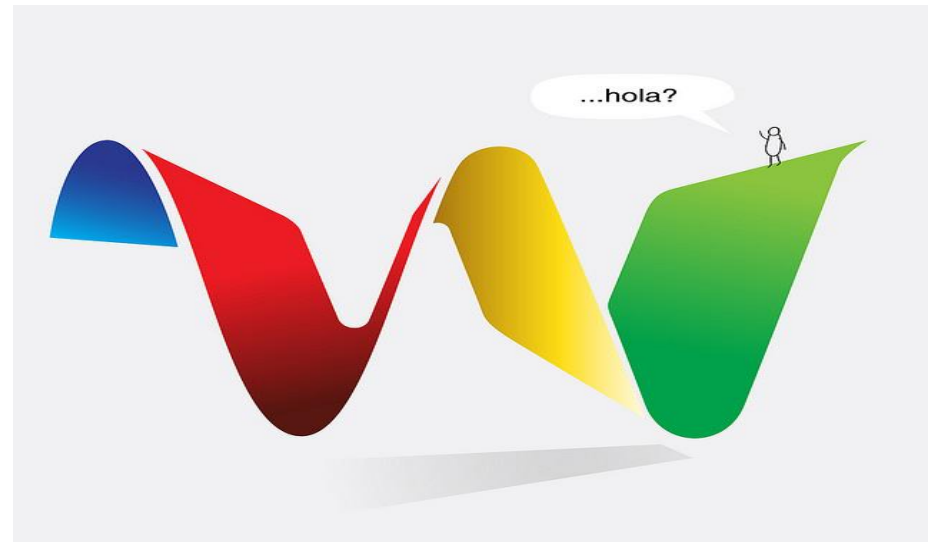
Are you adding to it by
calling the pain
BURNING
CRUSHING
STABBING



Try using different language

- Soft
- Flowing
- Open

This is your choice of words – what
can you do with them?



DAILY PRACTICES

- Breathing
- Posture
- Guided Visualisation
- Progressive Muscular relaxation



Keeping fit and doing what we can do..

Tia chi

<https://www.youtube.com/watch?v=qV6PjN55Lb4>

Qi Gong

NHS website or DVD

