

BUILDING SAFETY IN MY BODY

Calm Your Body

Below are practices Pain Care Collective offers to build safety in the body. Try the longer, smoother, softer breath practice included in the email.

Calm Your Breath

Longer, smoother, softer breath

Alternate nostril breath

Extended exhalation breath

Relax Your Muscles

Progressive muscle relaxation

Yoga nidra

How Do You Feel?

After your practice, take a moment to reflect on how you feel, physically and mentally, and write it down.

Build Resilience

Did you know that it is okay to feel pain when you move? But to move in a way that will help your pain instead of aggravating it requires that you challenge yourself at your edge, neither pushing through the pain nor avoiding it. Check out the steps below to build resilience in your body:

Ask

Is this movement safe?
If yes...

Ask

Will I pay for this later?
If no...



**Keep your
breath calm**

**Keep your muscle
tension low**

**And
monitor your pain**

Don't ignore it, and
don't let it take over
your thoughts!