

## Simple Stretching and Mindful Breathing to Manage Physical & Emotional Pain

### How do I know if this program is right for me?

Be evaluated by your health care provider, who can tell you if it is a good choice.

### How much do I have to do?

Even one minute of mindful breathing or simple stretching has benefits.



### What will I practice in this class to help me manage my pain?

- ❖ **Control your breath** to lower heart rate and blood pressure. Just 5 longer breaths out stimulate the Vagus Nerve and can lower blood pressure.
- ❖ **Release muscle/emotional tension with simple stretching.** When in pain, we can hold ourselves in a way that may cause more pain. Simple stretching and then strengthening muscles can keep you in better alignment so there may be less pain.
- ❖ **Release muscle/emotional tension with ‘tense and release’ exercises.** The ‘Tense and Release’ exercises allow us to practice how to release tension, which then can decrease pain in the body and in the mind by interrupting the stress cycle in the brain.
- ❖ **Find a better way to move.** If moving hurts, try a different way. Not moving often makes pain worse. Tight muscles can press on nerves and unused joints dry out. Even a small movement has benefits.
- ❖ **Breathe and not to hold your breath when feeling pain or tension.** When we are in pain, we naturally brace for it, and we hold our breaths -- which activates the stress cycle and tightens muscles.
- ❖ **Be ready with your simple plan.** Pick a breathing break (5 breaths) or simple stretch that you like. Next time you start to feel physical or emotional discomfort or pain, say to yourself: “Oh, there is that pain (or uncomfortable thought). I know what to do.”

Please do not continue a stretch if you experience tingling, burning or numbness.

Free breaks at [www.greentreeyoga.org](http://www.greentreeyoga.org) FREE link. Questions: Contact Yael Calhoun

801 656 7885 (c) or [greentreeyoga@comcast.net](mailto:greentreeyoga@comcast.net)

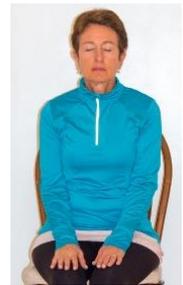
VA classes:

Mondays 3:00 – 4:00 Salt Lake VA and Telehealth

Wednesdays 2.30 – 3:30 SL VA and Telehealth

**Quick ways to practice each:**

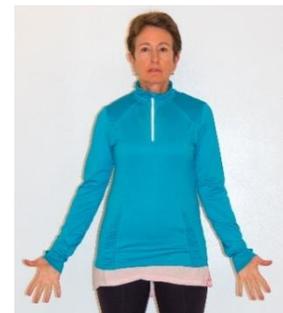
**Control your breath.**



**Release muscle tension with simple stretching**



**Release muscle tension  
with 'tense and release' exercises**



**To find a better way to move**



**To breathe and not to hold your breath  
when feeling discomfort or tension**

