

## BREATHING FOR PAIN RELIEF

Deep breathing has many positive effects. It can:

- Relax your muscles.
- Regenerate your body cells with oxygen.
- Encourage the production of endorphins (these provide your body's natural pleasure sensations and are pain-relievers).
- Calm your mind.
- Be the key to pain relief!

Practice the relaxation exercises as fully explained.

- Breathe in deeply through your nose and say to yourself "*breathe in calm, peace, relax*".
- Breathe out slowly through your mouth and say to yourself "*breathe out tension, pain, stress*".
- Repeat...focusing only on those breaths and those words.
- Feel yourself settling and letting go.
- Take your attention to the place that hurts, acknowledging it whilst realising that you can relieve it.
- Breathe in *calm* and *peace* to that area and then imagine breathing out through the place that hurts.
- Keep gently breathing in and gently breathing out right through the place that hurts.
- Imagine that area being softened, soothed and calmed.
- Continue until the pain is relieved.