

Breathing for Pain Relief – Your Quick Start Checklist

Prepare for Your Breathing Practice

- ☐ Find a quiet and comfortable space where you won't be disturbed.
- ☐ Wear loose, comfortable clothing.
- ☐ Turn off distractions (e.g., phone, TV).
- ☐ Set a timer for 5-10 minutes (or longer, if desired).
- ☐ (Optional) Play calming music or nature sounds.

Choose Your Breathing Technique

- ☐ Diaphragmatic Breathing (Belly Breathing)
 - Best for: Muscle tension, stress, back pain, overall relaxation
 - Key Cue: "Focus on expanding your belly with each inhale."
- ☐ Box Breathing
 - Best for: Headaches, anxiety, nerve pain, improving focus
 - Key Cue: "Inhale-Hold-Exhale-Hold for equal counts."
- ☐ Pursed-Lip Breathing
 - Best for: Shortness of breath, lung conditions
 - Key Cue: "Exhale slowly through pursed lips."
- ☐ Alternate Nostril Breathing (Nadi Shodhana)
 - Best for: Stress relief, balancing energy, calming the mind
 - Key Cue: "Alternate closing nostrils as you breathe."
- ☐ Progressive Muscle Relaxation (PMR) with Breathing
 - Best for: Muscle tension, headaches, fibromyalgia, promoting sleep
 - Key Cue: "Tense then release each muscle group as you breathe."
- ☐ Mindful Breathing (Body Scan Meditation)
 - Best for: Chronic pain, arthritis pain, increasing body awareness
 - Key Cue: "Gently scan your body, noticing sensations without judgment."

Practice Your Chosen Technique

- ☐ Follow the step-by-step instructions for your chosen technique (refer to the blog post for details).
- ☐ Focus your attention on your breath.
- ☐ If your mind wanders, gently redirect your attention back to your breath.
- ☐ Practice with consistency.

Evaluate Your Experience

- ☐ After your breathing practice, take a few moments to notice how you feel.
- ☐ Did you experience any pain relief?
- ☐ Did you feel more relaxed or calm?
- ☐ Journal about your experience.

Make It a Habit

- ☐ Schedule time for deep breathing into your daily routine.
- ☐ Be patient and persistent. It may take time to experience the full benefits.
- ☐ Don't be afraid to experiment with different techniques to find what works best for you.
- ☐ Celebrate your progress!