

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!