

Simple Stretching & Mindful Breathing Breaks for Pain Management



- ❖ Help reduce stress and muscle tension
- ❖ Learn easy ways to manage your pain
- ❖ Lower blood pressure and heart rate
- ❖ Practice balance and build core strength



The mp3s and mp4s of these breaks are available.

1. Release Muscle Tension: Sit or Stand

a. Silly “Shake and Stretch”



Take 2 minutes and move in any way that makes you laugh or smile.

Shake your hands, feet, hips and arms. Notice how the stretch feels.



b. “Hands over Heart” Breath



Long breaths out reduce stress.

- Gently move one shoulder back. Then, move the shoulder back.
 - Hand (s) over heart or belly.
 - Eyes open or closed.
 - Feel the breath in. Feel the long, slow breath out. Do 5 times.



c. Fist Breathing

Long breaths out calm.

- Gently move one shoulder back. Then move the other shoulder back.
- Eyes open or closed. Breathe in, strong fists. Slow breath out, fists release.

Do 5 times.



4. Strengthening Core Muscles

a. Tree Pose



When you are ready, turn one knee open.

Toes on the floor or press your foot against the standing leg.

Notice if you are breathing.

Take 2 more slow breaths

Shake out your hands.

Do Tree Pose on the other side.

b. Seated Core



Move one shoulder back, then move the other shoulder back.

Next time you breathe out, lean back. It may be a few centimeter, and that is fine.

Keep breathing in a comfortable way.

When you feel muscles in your belly working, slowly blow out through your lips. Long, slow breaths out.

Then come back to sitting tall.

If you like, do 4 times.



Questions?

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Please consult your health care provider if you have any questions about your ability to do simple stretching and mindful breathing. The ideas in the program are only suggestions. GreenTREE Yoga has no liability with regard to how these suggestions are used.