

## Homework

## Tracking

<input type="checkbox"/> Food & activity records online (myfitnesspal)	<input type="checkbox"/> Meditation practice _____ days this week
<input type="checkbox"/> Food, activity & mood journal (paper)	<input type="checkbox"/> Journal 3 pages _____ mornings this week
<input type="checkbox"/> Specific food or eating behavior goal: _____	<input type="checkbox"/> Specific action related to support system: _____
<input type="checkbox"/> Specific activity /fun goal: _____	<input type="checkbox"/> Relaxation practice _____ days this week
<input type="checkbox"/> _____	<input type="checkbox"/> _____

## Notes

## WHOLE BODY HEALTH, STRESS REDUCTION

- There are many options to help us manage stress and anxiety, and improve overall mental health.
- Finding a tool or technique that works for you can help you in many ways, including:
  - Improved cardiovascular and metabolic status
  - Improved pain control
  - Increased resilience to stress
  - Better sleep
- Stretching recommendations include:
  - A routine that targets all major muscle groups. Perform 2-6 reps of 10-30 seconds holds, accumulating 60 seconds of total stretch. Stretching is best done after an activity that warms them up. This should be done 3 x week.
  - If you have arthritis-related joint pain, stretching daily or nearly so, is beneficial. Also, including stretching as part of a warm up before vigorous activity is recommended.

# DEEP BREATHING

Deep breathing means breathing from your diaphragm (belly-breathing). The average person breathes 22,000 times each day. Even a slight change can have major effects:

- It can bring about a feeling of calm and relaxation
- It reduces muscle spasm
- It can block some of the pain messages at the level of the spinal cord
- It can reestablish more normal acid-alkaline balance in the body

Wear comfortable clothing and find a quiet place to practice. As you develop skill in deep breathing, you can do it anywhere, anytime.

## To Practice This Therapy:

1. Get into as comfortable a position as you can. You may want to close your eyes so you can focus on your hands and how they are moving with your breathing.
2. First, notice how you breathe now. Place one hand on your chest and one hand on your stomach. Breathe as you normally do. Notice the movement of your hands. Which hand has the most movement? With DEEP breathing the goal is to have the hand on your stomach move more than the hand on your chest. [You may find it is easier for you to use one of these methods: Place one hand on your chest and the fingers of your other hand directly over your belly button. Or place both hands on your stomach just so the fingers are touching. Or breathe into a paper lunch bag for 1 minute. Or put a straw between your lips, breathe in through your nose and out through the straw.]
3. Inhale through your nose and exhale through your mouth. As you inhale focus on moving the hand(s) over your stomach. Do not try to force the hands to move; let your body learn how to inhale and move your hands just by focusing on the hand(s) on your stomach. Exhale more slowly than you inhale; if you breathe in to the count of 4, try to breathe out to the count of 8.
4. You may find one of these techniques useful as well:
  - Some benefit from developing a verbal cue for this process. As you inhale think “Relaxing” and as you exhale think “More comfortable.”
  - Some benefit from the use of an image. Picture a balloon in your stomach that inflates when you inhale and deflates when you exhale.
  - Breathe in and out of a lunch size paper bag for one minute
5. Practice deep breathing only 2-3 times initially; repeat 3-4 times/day. Slowly increase your practice time to 1 minute 2-3 times/daily. Also continue to practice 1-3 deep breaths several times during the day – such as when waiting for an elevator or a red light, during a commercial or when taking a bathroom break.
6. If you have asthma or any respiratory disease, proceed slowly with these exercises. Consult with your primary provider if they increase your breathing difficulties.

**An Important Tip For Use of Deep Breathing:** If you feel light-headed, dizzy or anxious, you may be breathing too deeply or too quickly. If this happens, stop practicing for a moment and breath normally until the symptoms disappear.<sup>1</sup>

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<sup>1</sup> Adapted from Handout prepared for Managing Chronic Pain Class. Heath Education, KPNW

## **Relaxation Exercise**

Take 10 minutes to yourself to relax and rejuvenate. With practice, your inner clock will bring you back right on time. In the beginning, you may want to set an alarm clock.

1. Sit down or lie comfortably in a place where you will be undisturbed. Close your eyes or find a place to rest your gaze where you won't be distracted. Allow your awareness to rest in the center of your body.
2. Take 10 full, relaxed, deep breaths, counting from 10 to 1. Inhale deeply and slowly so that your abdomen rises first, then mid-chest, then upper chest. Exhale fully in a relaxed way. (If deeper breathing produces light-headedness at first, slow down).
3. As you inhale, feel your body filling with tranquility. With each breath out, release any stress; feel your body relaxing and your mind calming.
4. After 10 deep breaths, allow your breath to find its own rhythm. Call to mind a time or place when you felt at peace and filled with well-being, or imagine a future calming time and place. Visualize yourself there in detail. Allow your body and mind to relax more as you visualize your healing scene and call forth those good feelings.
5. When it is time to return from your meditation, take several deep breaths and stretch before opening your eyes. Congratulate yourself on time well spent and notice how you feel.

## **Relaxation Exercise**

This strategy will give your body and mind peace and comfort and allow your natural healing energy to flow. Take your time. You could try having a trusted friend or loved one read this to you, or pre-record the script yourself.

**Find a quiet place and take off your shoes and loosen any tight clothing. Lie down where you can be comfortable and warm. Make sure you won't be disturbed for 20 minutes. Take a few moments to allow your body to soften and relax down into the surface beneath you. . .**

**Take your attention to your breath and, breathing through your nose, just observe it for a moment or so as it flows in and out. There's no need to strain. Natural deep breathing takes place quietly and effortlessly. There's no need to do anything except to notice how your breathing is becoming slower and deeper. Notice how still you are becoming and how quiet your body is apart from the gentle rise and fall of your abdomen. . .**

**With each breath, you spread warmth and soothing relaxation all around your body. . .And so travel in your mind around your body, becoming aware of each part in turn. . .and as you do so, allow it to soften and release even more. . .Feel each part become yet more comfortable and warm. . .relaxing your neck. . .your head. . .your face, which is cool and calm. . .your shoulders, which relax and sink down into the surface beneath them. . .your arms. . . your hands. . .your back. . .your abdomen. . .your legs. Feel how heavy your legs are. . .and your feet.**

**And now, as you breathe in, imagine that you also breathe in a beautiful soft golden light. . .your breath takes the light right around your body...and your whole body becomes filled with this golden healing light. . .Take your mind to any area that needs special attention and see the light flowing to the area, bathing it with gentle, soothing relaxation and more peaceful comfort. . .your body's own natural healing power is energized by the relaxation. . .**

**Imagine there is so much golden healing light in your body that it overflows and you are also surrounded with this beautiful light, like a golden glowing aura all the way around your body. . .And now your whole body is being soothed and nourished, on both the inside and the outside. . .You breathe in golden healing light. . .and breathe out golden healing light. . .**

**Take a few more moments to enjoy the comfort and peace you have created. . .and then take these feelings back with you as you slowly and gradually become aware of the surface beneath you, and, when you are ready, come back to the room. . .Lie quietly for a few moments and enjoy the peace that is always within you. . . and remember, you can regain this feeling at any time you want; it is always there for you. . .(long pause). . .**

**Your own body's healing powers are now at work and all is well.**

**Know that every time you relax in this deep way you are maximizing your natural healing powers.**

**When you are ready, stretch your fingers and toes. . .feel peaceful and calm, yet alert and ready to go about your day, taking these relaxed feelings with you.**

## **Self – Massage**

### **Guidelines for self-massage:**

- Apply equal pressure.
- Massage in small circles away from face.
- Breathe deeply, slowly and evenly during massage.

### **Head, Neck and Shoulders:**

- Massage your scalp as if you were washing your hair. This stimulates blood flow to your head, allowing more oxygen to get to your brain while relaxing muscle tension.
- Firmly massage the area around the temples on both sides of your head. If you find any tender areas, give them special attention.
- Rub along the back of your head at the base of the skull below where you feel a large bump. This is where the neck muscles insert into the skull. Circular massage in this area helps those muscles relax.
- Take both of your hands and place them on either side of your neck. Run them up and down with firm pressure.
- Run your hands down your neck to both of your shoulders and squeeze the muscles. Repeat this a few times.
- Use your fingertips in circular motions to get deep into the muscles along the top of your shoulder.

### **Foot Massage:**

- Rest the ankle of one leg on top of your thigh of the other leg. Grasp your foot with both hands and massage it as if you were playing with putty. The foot contains reflex points from all parts of the body. By stimulating your foot, circulation is improved and tension is relieved throughout your whole body.
- Use the tip of thumb or a knuckle to massage base of foot, beginning at heel and working back and forth across foot until you reach base of toes. This stimulates all the reflexology points. Give extra attention to any point that is tender, holding pressure on that spot for a few moments.
- Use tip of thumb or a knuckle to apply pressure along inner side/base of foot, beginning at heel and moving in increments towards toes. This stimulates reflexology points for the spine.
- Alternatively, to stimulate soles of feet, you can place tennis ball under foot or use foot roller or shoebox with layer of marbles on bottom.

# Progressive Muscle Relaxation

This exercise involves tensing and relaxing groups of muscles. Begin with the muscles of the hands and arms. Tense the muscles and hold for a count of 10. Relax all at once and allow the muscles to continue relaxing. Notice the difference between the feelings of tension and the feelings of relaxation when you release the tension. Allow the relaxation response to continue for a count of 10. Allow the muscles to relax more each time you exhale. Repeat the procedure with the same muscle group. Follow the above procedure with the remainder of the muscle groups.

## Muscle Groups

1. **Muscles in the hands and arms.** Make a tight fist and tense your bicep muscles.
2. **Facial muscles.** Close your eyes tightly, wrinkle your nose and make an exaggerated smile.
3. **Neck muscles.** Bend your chin forward while pulling back with your head.
4. **Muscles of the chest, shoulders and back.** Take a deep breath while arching your back and extending your chest.
5. **Thigh muscles.** Bend toes forward away from your head while tensing thigh muscles.
6. **Muscles of the calves and feet.** Bend toes backward toward head and tense calf muscles (not too tense to avoid cramping).

## Progressive Muscle Relaxation

Sit in a comfortable chair. Get as comfortable as possible – no tight clothes, no shoes, don't cross your legs. Take a deep breath; let it out slowly. Again. What you'll be doing is alternately tensing and relaxing specific groups of muscles. After tension, a muscle will be more relaxed than prior to the tensing. Concentrate on the feel of the muscles, specifically the contrast between tension and relaxation. Do not tense muscles other than the specific group at each step. Do not hold your breath, grit your teeth, or squint. Breathe slowly and evenly and think only about the tension-relaxation contrast. Each tensing is for 10 seconds; each relaxing is for 10 or 15 seconds. Count "1,000 2,000..." until you have a feel for the time span. Note that each step is really two steps – one cycle of tension-relaxation for each set of opposing muscles. Do the entire sequence once a day if you can, until you feel you are able to control your muscle tensions.

**Toes.** With legs relaxed, dig your toes into the floor; relax. Bend the toes up as far as possible; relax.

**Calves and Feet.** Point the toes (without raising the legs); relax. Point the feet up as far as possible (beware of cramps – if you get them or feel them coming on, shake them loose); relax.

**Thighs.** Extend legs and raise them about 6" off the floor or the footrest – but do not tense the stomach; relax. Dig your feet (heels) into the floor or footrest; relax.

**Buttocks.** Tense the buttocks tightly and raise pelvis slightly off chair; relax. Dig buttocks into chair; relax.

**Stomach.** Pull in the stomach as far as possible; relax completely. Push out the stomach or tense it as if you were preparing for a punch in the gut; relax.

**Back.** With shoulders resting on the back of the chair, push your body forward so that your back is arched; relax. Be very careful with this one, or don't do it at all.

**Breathing.** Take as deep a breath as possible – and then take a little more, let it out and breathe normally for 15 seconds. Let all the breath in your lungs out – and then a little more; inhale and breathe normally for 15 seconds.

**Hands.** The fists are tensed; relax. The fingers are extended; relax.

**Biceps and Triceps.** The biceps are tensed (make a muscle – but shake your hands to make sure not tensing them into a fist); relax (drop your arm to the chair – really drop them). The triceps are tensed (try to bend your arms the wrong way); relax (drop them).

**Shoulders.** Pull them back (careful with this one); relax them. Push the shoulders forward (hunch); relax.

**Neck** (lateral). With the shoulders straight and relaxed, the head is turned slowly to the right, as far as you can; relax. Turn to the left; relax.

**Neck** (forward). Dig your chin into your chest; relax. (bringing the head back is not recommended – you could break your neck).

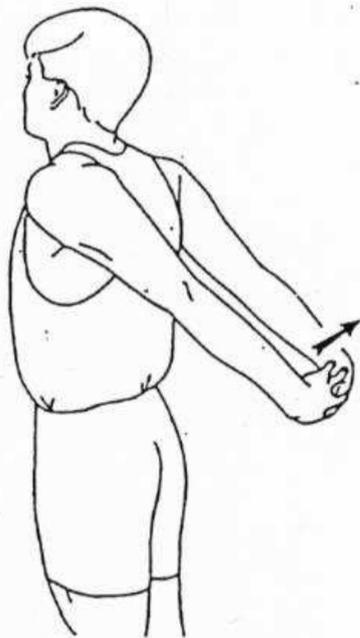
**Mouth.** The mouth is opened as far as possible; relax. The lips are brought together or pursed as tightly as possible; relax.

**Eyes.** Open them as wide as possible (frown your brow); relax. Close your eyes tightly (squint); relax. Make sure you completely relax the eyes, forehead, and nose after each of the tensings – this is actually a toughy.

Now let the tension and stress escape out through the top of your head. Repeat as needed.

ARMS - 1 Biceps

With arms straight and fingers interlaced, raise arms until stretch is felt. Hold 20 seconds.



Repeat 3 times.  
Do 1 sessions per day.

ARMS - 8 Triceps

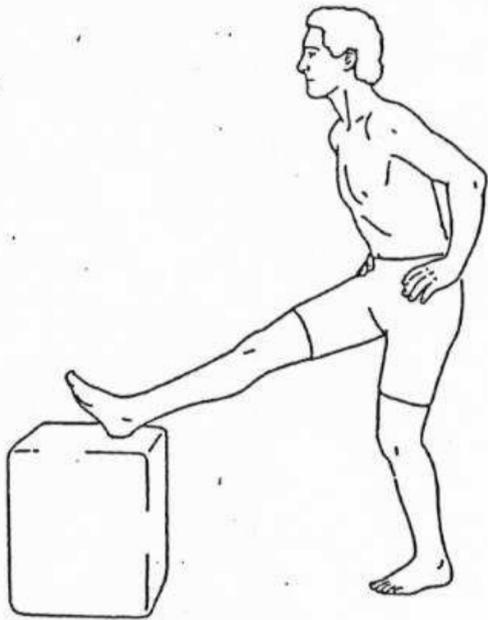
Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 20 seconds.



Repeat 3 times.  
Do 1 sessions per day.

HIP / KNEE - 39 Stretching: Hamstring (Standing)

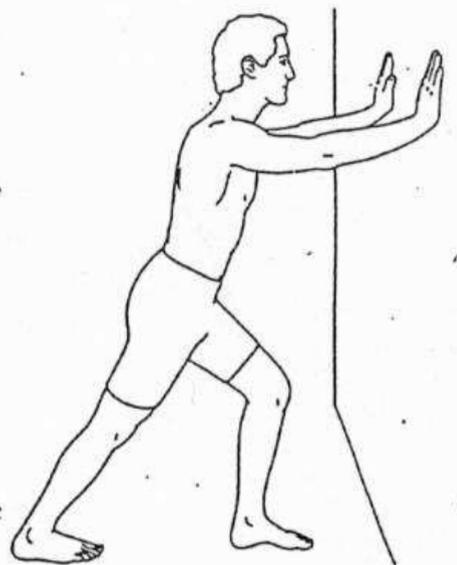
Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 20 seconds.



Repeat 3 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.

HIP / KNEE - 41 Stretching: Gastroc

Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 20 seconds.



Repeat 3 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.

HIP / KNEE - 34 Stretching: Hip Flexor

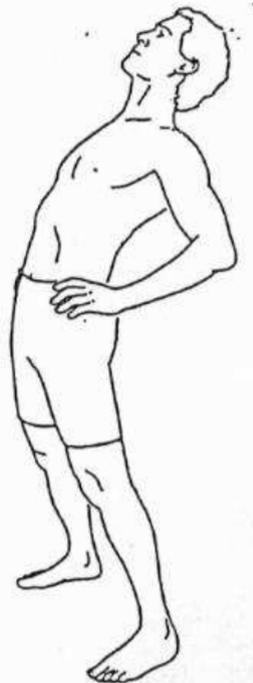


Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 20 seconds.

Repeat 3 times per set. Do 1 sets per session.  
Do 1 sessions per day.

BACK - 44. Backward Bend (Standing)

Arch backward to make hollow of back deeper. Hold 3 seconds.



Repeat 10 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.

# Yoga Resources

## **Yoga for the Larger Woman / The Yoga Project**

1229 SE Nehalem St.

Portland, OR 97202

(503) 235-1155

[www.theyogaproject.org](http://www.theyogaproject.org)

## **Body Trust Yoga @ Be Nourished**

3719 N Williams Ave

Portland OR 97227

(503) 288-4104

[dana@benourished.org](mailto:dana@benourished.org)

<http://www.benourished.org/>

## **Fat Yoga**

6340 SE Foster

Portland, OR

(503) 890-6646

[info@fatyoga.org](mailto:info@fatyoga.org),

[www.fatyoga.org](http://www.fatyoga.org)

## **Truce (Mindful Movement)**

SW Portland

(225) 341-9925

[scurole@hotmail.com](mailto:scurole@hotmail.com)

## **Beginning and Intermediate Yoga**

GSH Bldg 2

(503) 413- 6723

**[Yogiroots.org](http://Yogiroots.org)**

