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Yoga and Meditation

Alternatives to Opioids: Managing Chronic Pain

Yoga

Yoga and meditation are two complementary and alternative medicine (CAM) practices that may help relieve chronic pain not only through movement but also through deep breathing and meditation, reducing stress and help take your mind off your pain. Stress can make pain worse by lowering your tolerance to it and by increasing cortisol, a body chemical that causes inflammation or swelling, and redness. Yoga is a mind and body practice that combines different physical postures with breathing and relaxation techniques.

HOW IT WORKS: Chronic pain patients can help relieve their pain by combining yoga poses with breath awareness

PROS: The physical movement is helpful and aides the emotional and psychological aspect of the mind. Yoga is very meditative and helps calm the mind, building confidence.

Meditation

By learning to still the mind to a state of inner awareness and intentional detachment from random thoughts and images, meditation can assist in decreasing chronic pain. Working on the 5 steps to meditation allows you to gain a closer connection to the present and help calm you when you're upset.

HOW IT WORKS: By focusing and learning breath awareness and meditation chronic pain patients can ease their pain

PROS: When patients practice meditation their pain and function improve

Practice is the Key

When the mind gets active, sometimes overactive, it can exacerbates pain. Pain lessens and sometimes completely goes away when you work to learn to calm down and quiet the mind. Practicing yoga and/ or meditation regularly allows one to hurt less and can do more in the day.

Practice Regularly / Feel Confident / Feel Better!!

Decrease Pain for a More Joyful Life!!!

STILL YOUR MIND TO MEDITATE: A 5-STEP APPROACH

1. **Breathe**----Focusing on your breathing is an essential practice that draws your awareness inward and helps you experience the presence and flow of energy.
2. **Relax**----The more you relax, the more you deepen awareness of sensation.
3. **Feel**----Let your sense of feeling move beyond physical sensation. Acknowledge who you are as a being of energy.
4. **Watch**----Sense who you are as a witness; be a scientist observing phenomena arising in and around you.
5. **Allow**----Sense who you are with no preferences. Be present to the process of your life unfolding moment by moment.

Follow these 5 steps and allow yourself to fall into a deep meditative state that will reveal a closer connection to the present and help calm you when you're upset.

WHAT IS REQUIRED TO LEARN MEDITATION

1. To relax the body
2. To sit in a comfortable and steady position
3. To make your breathing process serene
4. To calmly witness the objects traveling in the train of your mind
5. To inspect the quality of your thought and learn to promote those which are positive and helpful to your growth
6. To remain centered and undisturbed in any situation