

Understanding Your Pain

The Vicious Pain Cycle



Does this pain cycle sound familiar? Just like most people, I'm guessing you try and make up for lost time when you have a good day and try to get as much done as possible. This is very counter-productive and will leave you in even more pain that you were in before as you over done it again! Not to worry though, now you are aware of this vicious pain cycle you can make changes to break free!

Breaking the Cycle

- **Keep a pain management diary** – This will help you to understand what aggravates your pain and what eases your pain. You want to aim at reducing the aggravators and increasing the activities that reduce your pain. When you write everything down it is easier for you to plan your day and add in plenty of rest and recovery time in between activities that you know are going to cause you pain. You will also become aware of your emotions so you can notice what frequency you are vibrating on. The less pain you feel, the higher your vibrational frequency.
- **Be mindful of your actions** – Does your pain flare up when you experience certain kinds of emotions?
- **Be aware of the present moment** – Allow yourself to take a time out to just focus on your breath and nothing else. By bringing yourself into the present moment you raise your awareness and vibrations allowing the body to heal and restore itself.
- **Learn how to pace yourself** – Don't over-do it when you are having a good day as you will only suffer the consequences the next day.
- **Prioritise** – use time & energy more efficiently.
- **Plan (schedule breaks)** and stick to it!

Pain Management Diary of Sharon Calvert

Time	Activity	Time Taken	Pain at beginning (1-10)	Pain at end (1-10)	How do I feel?
7.00am	Back Care 40 minutes Yoga		8	5	Stronger, more mobile
8.00am	Breakfast, washed up	30 minutes	5	6	Tense
9.00am	Clean house	2 hours	6	8	Frustrated, upset
11.00am	Rest, lay down	2 hours	8	7	Fed up, down
1.00pm	Lunch, 40 minutes washed up		7	8	Angry, annoyed
1.40pm	Lazy crocodile10 minutes		8	6	Relaxed, calm
2.00pm	Walk around park	1 hour 30 minutes	6	7	Love being outdoors
4.00pm	Yoga	20 minutes	7	5	Positive, happy
5.00pm	Teaching fitness classes	3 hours	5	6	Buzzing with energy
8.00pm	Sat down in car	30 minutes	6	7	Mixed emotions
9.00pm	Dinner, washed up	1 hour	7	8	Sick of being in pain, sad
10.00pm	Epsom Salts bath	30 minutes	8	5	Relaxed
11.00pm	Bed				

Does this routine sound familiar?

This is what my pain management diary looked like when I first started making entries. I had been stuck in this vicious cycle for 5 years! As soon as I started keeping a diary, it made me fully conscious and aware that I would always be stuck in this cycle until I changed my routine, so I started practicing yoga more frequently. The more yoga I practiced, the less pain I felt. I was now confident I could change my lifestyle and overcome this persistent chronic pain.

As a sports therapist and fitness professional at the time, I treated myself the same way as I would if a patient came to see me with a chronic condition or injury and devised myself a 6 week programme where I incorporated a daily yoga practice, power of the mind and a highly nutritious diet into my routine.

I couldn't quite believe it when I committed to this programme. Not only was I pain free, I felt happier and more positive too. After completing the full 6 weeks on this programme, my back pain had completely gone! It was a miracle!

Yoga brings us back to our natural state of health and I truly believe it is the miracle cure to heal all conditions of the body and mind. My healing journey through yoga inspired me to go to India for the first time in February 2012 to study yoga therapy. I was not prepared for the spiritual awakening that I experienced during my first time in the ashram while learning about the healing power of yoga.

I realized the missing element in my life was the connection to the divine light that shines within us all. This became the fundamental foundations of my work as a therapist, spiritual healing. My hope is for you to awaken to your divine self and realize higher truths of your existence as you embark on this powerful healing journey with me. On the next page is an empty pain management diary chart for you to print off and use for yourself.

You may also choose to submit your information on a computer whichever is most convenient for you.

Pain Management Diary of

Time	Activity	Time Taken	Pain at beginning (1-10)	Pain at end (1-10)	How do I feel?

Pacing Your Activities

Activities that Reduce Pain	Activities that Increase Pain

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Activities that Reduce Pain	Activities that Increase Pain
Yoga – especially lazy crocodile pose	Cooking / Washing Up
Rest	Cleaning / General Housework
Epsom Salts Bath	Walking, Sitting, Standing for too long
	High Intensity Exercise

After completing day one in your pain management diary, it's time to fill in your 'Pacing Your Activities' Chart so we can see where to make adjustments. You want to reduce the activities that increase your pain and increase the activities that reduce your pain.

For example, if you have been cleaning for 2 hours and your pain level increases by 3, you will want to do something that will ease your pain and bring that number to at least the level you were on before starting the activity! You will be learning lots of techniques on this programme that will help you to reduce pain so choose the most relevant one for each circumstance.

My 'go to' pose anytime my pain increased was Lazy Crocodile. This pose opens up the sacral area in the lower back allowing the muscles to relax and let go of tension and pain. You will get immediate relief from doing this pose and it works exceptionally well with the healing breath. As you inhale, direct the breath directly to the pain and as you exhale, allow the pain and tension to release from the body with the outbreath. Picture the breath entering the body as an emerald green ray of healing light. You can also ask Archangel Raphael to assist you in healing. As you exhale, visualize the pain releasing from the body as a cloud of black smoke. The more you exhale notice how the black fades to grey and then eventually to green. Once the exhalation light is green like the inhalation, you have sent enough healing for the pain to subside and can go about your day. Don't worry if you find it hard to visualize the light to begin with, it does get easier!



Lie on your belly and separate your legs wider than hip distance. Turn your toes in towards each other, this opens up the lower back and releases any tension in the muscles.

Focus on directing your breath into the pain and let it go with each and every out breath. Continue to breathe love and light into your back until the pain reduces to a manageable level.