



NERVOUS SYSTEM TECHNIQUES

for *chronic pain*



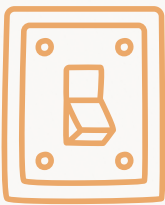
LABEL, LOCATE, BREATHE

Label painful sensations with descriptive adjectives and point to their location on your body. Sit with and observe them while taking slow, deep breaths.



MOVE GENTLY, IF POSSIBLE

Gentle movement, even bilateral tapping or stretching, can ground you and help your brain break the association of movement with danger.



PENDULATION

Switch attention between painful and neutral/pleasant sensations in the body, resting longer in the painless sensations.



REPEAT SAFETY MANTRAS

Tell yourself, “I feel pain right now, but my body is not in danger.” This signals safety to your nervous system.



RESET THROUGH SOUND

Humming or chanting can stimulate the vagus nerve, lowering heart rate and bringing your nervous system out of fight or flight.