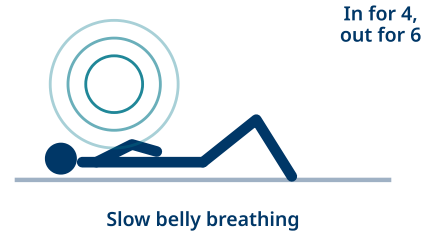


Stress, mindfulness & breathing (CBT and pain psychology)

What it is

Stress can make pain feel worse. Slow breathing, mindfulness and talk therapy, such as CBT, may help you cope with pain. These are skills you can practice.

Check with your provider before starting, especially if you have a heart or lung condition, recent surgery, osteoporosis, or are pregnant.



It may help with

- Fibromyalgia
- Low Back Pain
- Neck Pain
- Neuropathic Pain

Self-care tips

- Practice when you are calm, so the skill is ready when pain flares.
- If you feel lightheaded, slow down and breathe normally for a moment.
- Short guided meditations (5 to 10 minutes) are a good start.
- Ask us about a referral to a pain psychologist or CBT program if pain is affecting your mood, sleep or daily life.

How to start

Get comfortable: 1 minute

Breathe in through your nose: About 4 seconds

Breathe out slowly: About 6 seconds

Repeat: 5–10 minutes

When to call us

- Sharp pain that is worse during or after the activity and does not settle in a day or two
- New weakness, numbness or tingling in a leg or arm
- Fever, weight loss you cannot explain, or pain after a fall

If you have thoughts of harming yourself, call or text 988 (Suicide and Crisis Lifeline), or call 911.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/holistic-care/mindfulness-breathing/



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This handout is general information and is not a substitute for medical advice.