

9 Minute Pain Relief

“Mind Trick”

Ready for change? Willing to risk 9 minutes a day to feel better, less pain, and get more out of life? You may even feel less stressed, open to more happiness, and overall just better? You have heard it many times and the solution is very

simple, but not easy



You have to be ready to jump in and make it happen. You must be ready to be consistent and to stay on-course to integrate this skill and pattern into your life. The answer is simple (but not easy) Meditation. 9 Minutes of meditation a day has been found to decrease anxiety, the feeling of pain, and overall depression. You can gain a sense of control and “slosh off” anxiety and pain chemicals by allowing this simple technique to be a part of your day-to-day. You get even MORE results for longer or times or by meditating more than once a day but start slowly and build up to a level that works for YOUR pain.

You are even going to take this ability and amp it up with a mind-trick that will target your pain and put you in control!

How To “Mind Trick” YOUR Pain:

Create a calm environment – If you can, get to a quiet location that has soft lighting and where you can sit or lie down comfortably. It is good to sit or lay with no crossed limbs, good posture, and overall get as comfortable as possible.

“Ground” yourself - Take a moment to notice how your body feels, the air around you, and how you are in a safe, secure place with no distractions. Feel the cool air on your body of a fan, or the light of the sun, the soft blanket under you, or the gentle give of the couch under you.

Breath – slowly breath in and out with no hard pushing or holding of your breath. You may be holding your breath and not even know it! Take a moment to breath 3 times gently to prepare for the real work.

Focus – this is the meditation part. Many people shy away from meditation, though it is simply being in control of your thoughts and choosing what you are thinking. The key is to re-direct or push away thoughts that come to you that do not belong. You can even have a mental imaginary box to put them in or imagine blowing them away with a gust of air as you exhale. You WILL have intrusive thoughts, the key is to push them away and continue. As you gain practice, the thoughts will learn to go away during your meditation and you will have fewer and fewer.

Turn It Down — That is not just focused meditation, but POWERFUL! You will focus on your body and on your pain (I know this is not fun but essential) Feel the heat, sharpness, the pulsing, the area that is inflamed and experience the pain for what it is at that moment. Once you feel you are ONLY focused on this completely, tell your body to calm down and to “turn down” the pain.

Pain is an electrical signal in your body that is warning you to fix something.

Tell your body that this is ok, that you have done what you can and that you can turn down the alarm.

Imagine a big dial, like on a radio speaker, and turn the pain down 1-2 notches. Let this sink in and let your body take time to respond. Once you feel the pain slowly calm down, enjoy this change and feel secure in the change. As you practice, you can then move the dial down 1-2 more notches and see how that feels. Reminding yourself that pain is only a signal, it does nothing for me at this time. I do not need this signal.

Keep it UP— You will feel the pain turn back on as you go about your day and especially if you agitate the pain. This is where you can take a moment to focus your mind and turn it down again and again, depending on your day. As you get better at this “trick” you can do a full 9 minute meditation at the start of your day, then tune-ups as needed that do not take as long. It is especially helpful when you are waiting for medication to kick in and have 30 minutes to wait anyways.

YOU are worth it!

I know you can do this! Take charge, give 9 minutes a day (or more!), and get feeling better!

Take Care,

Dr. Chelsie