



My Plan for "Empowered Relief"

Step 1: REGULAR USE OF THE RELAXATION RESPONSE

I will listen to the Binaural Relaxation Audiofile and calm my nervous system:

1 2 3 times/day

Time(s) of day I will practice:



Step 2: REFRAME UNHELPFUL PAIN MINDSET

Unhelpful Pain Thoughts I Have

(E.g., "it's never going to get better!"):



1. _____
2. _____
3. _____

My Helpful Reframes (e. g., use "best friend talk")

1. _____
2. _____
3. _____



Step 3: My Self-Soothing Actions for Right Now



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

- The Relaxation Response calms my nervous system, dampens pain processing, stops distress, and steers my mind and body toward comfort and control!
- Interrupting my unhelpful thought patterns will train my brain away from pain.
- **Regular practice** of these 3 steps will shape my brain and body towards relief.
- I can review the class slides whenever I would like a refresher on the material.
- Above all, I am kind to myself 

