

Exercises to “Train the Brain” During the Day

Patient Information	
<p>When you notice pain, other distress, or negative thoughts, these are some ideas to help you reduce those symptoms.</p>	<ul style="list-style-type: none"> • Instead of reacting negatively to the symptoms, notice them with interest. For example, think “That’s interesting.” • Accept them as happening right now but realize that this thought or sensation is caused by the brain and will pass. • Distance yourself from the symptoms by talking to them. Say things like <ul style="list-style-type: none"> ➢ “It is just a thought.” ➢ “It is just a sensation.” ➢ “There is that funny thing my brain does.” • Tell yourself: <ul style="list-style-type: none"> ➢ “I am here now, and I don’t need to do anything about it right now.” ➢ “I’m okay and I will be fine.” • Help yourself to let the thoughts or sensations go by: <ul style="list-style-type: none"> ➢ Focusing on breathing for a few deep breaths. ➢ Focusing on doing something else. • Repeat as needed.
<p>Investigate the reasons for the symptoms.</p>	<p>Ask yourself:</p> <ul style="list-style-type: none"> • Is there an emotion involved such as fear, sadness, anger, or guilt? <ul style="list-style-type: none"> ➢ Focus on feeling the emotion rather than the symptom. ➢ Know it can’t harm you and is normal. ➢ Breathe to release the emotion. • Is there a stressful situation? <ul style="list-style-type: none"> ➢ Deal with the situation if possible. ➢ Recognize that some situations are unavoidable. ➢ Breathe and use affirmations. • Is there a trigger? <ul style="list-style-type: none"> ➢ Use affirmations to reprogram triggers. • Is this a habit? Is it a learned pathway? <ul style="list-style-type: none"> ➢ Use affirmations to reprogram habits.