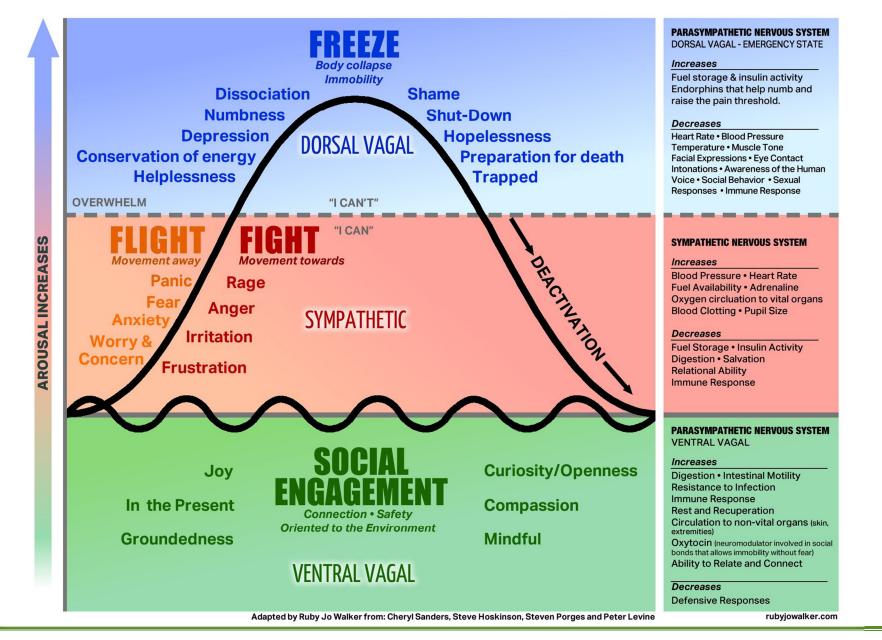
greentree



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<u>**Guidelines**</u>: Journal when pain is at its best (most tolerable) or worst (least tolerable) include information related to the moment and/or 3 hours before to understand each dimensions connection to your pain / symptoms. Include information related to these three dimensions:

Mechanically-what are you doing?

Sitting, standing, walking, doing stairs, gardening, watching movie, etc

Socially—Where are you at? Who are you with?

Ex: at grocery store with sister, driving to son's practice, visiting mother at nursing home, etc.

Emotionally—How are you feeling?

Happy, Excited, Tender, Scared, Angry, Sad use the generalized descriptors below to represent your feelings.

HAPPY	EXCITED	TENDER	SCARED	ANGRY	SAD
Delighted	Aroused	Affectionate	Worried	Uptight	Discouraged
Elated	Nervous	Loving	Nervous	Hot-tempered	Depressed
Jolly	Thrilled	Compassionate	Frightened	Bitter	Dissatisfied
Complete	Spirited	Warmhearted	Apprehensive	Infuriated	Down
Satisfied	Chipper	Kind	Horrified	Mad	Heartbroken
Optimistic	Enthusiastic	Sensitive	Anxious	Irritated	Dejected
Pleased	Frenzied	Congenial	Jittery	Outraged	Troubled
Upbeat	Antsy	Sympathetic	Intimidated	Resentful	Blue

Credit to World of Hurt and Shirley Ryan Ability Lab

DATE:			TIM	E:		
PAIN: at it						
MECHANICAL:						_
SOCIAL: WHE						
WHO ARE Y	OU WITH					
EMOTIONAL:	happy	excited	sad	angry	scared	tender
WHAT WERE Y						
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PAIN: at it						
SOCIAL: WHE						
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The Core Four Exercises



Exercises to Regulate your Nervous System

- Perform throughout the day
- Reset the social engagement system
- Can be performed alone or with others
- Notice the shift within and around your body

The Core Four

Slow Blinking

Just like it sounds, folks. Slowly blink your eyes. How many times you ask? Until you feel a shift. Video link: <u>Slow Blinking</u>

Vagus Reset

Interlace hands comfortably behind your head. Keep your head and neck in neutral and gently avert your eyes to one side. Wait for it....maybe a sigh or an exhale or any other sign your nervous system is down regulating. Repeat to the other side. Video Link: <u>Vagus Nerve Reset Video</u>

Triple T

Tongue, Teeth, Turn to relax your jaw. Gently place the tip of your tongue between your front teeth. Turn your head to one side. Hold. Breathe. Repeat to the other side. Video Link : <u>Triple T</u>

Salamander

Tilt your head one side. We will be moving our eyes on the diagonal. Look downward and outward towards the side of your head tilt. Hold. Then up and across to the other side. Hold. Reset to the middle. Tilt your head to the other side. Look downward and outward towards the side of your head tilt. Hold. Then up and across to the other side. Hold. Reset to the middle. Video Link: <u>Salamander</u>

Find these great exercises and more on YouTube.com/ReneeOstertag

Core Four Worksheet: A Self-awareness practice

When I think, feel, or notice	_ it's a good time to try these exercises.
What it feels like before doing the core four exercises	·
Shifts I noticed in my body with these exercises	
Shifts I noticed in my thinking with these exercises	·
Circumstances, events, or situations where these exercises could be helpful	for me
Other thoughts, insights, or things I want to be sure to remember	