

Chill Drills

Relaxing Your Body and Mind

Transcript of audio presentation by Heidi J. Bauer, MSW, LCSW

Track 4. Easing Back Pain

Sit comfortably with your feet on the ground or the floor. Keep your hands at your side if you are lying down. Throughout this drill, we will target the neck, shoulders, and back since that is where we carry most tension.

You can close your eyes if you haven't already done so. Block out noise and distraction except for my voice and the calming music. Let your breathing slow and notice the sensation in your neck. You may feel pain, throbbing, or nothing at all. Letting go of tension can deter further physical problems. Releasing neck pain can prevent headaches or make them go away.

Continue to let your breathing slow as we move down to the shoulders. Let the strength of your muscles allow your shoulders to drop. Pretend applying pressure to your shoulders as the knots roll out and downward. Visualize this sensation over and over. Your breathing is slowing. Your muscles in your shoulders and arms may begin to feel as though they are falling asleep. Allow yourself to focus on your spine and the area around your spine. Imagine the tension moving downward to rid the pain. Moving down to your lower back, let your muscles unwind.

Having a strong back, free of pain can enhance your ability to perform your duties and complete your mission with more precision. As your back continues to release, let go of the stress from

your day. Focus on your back relaxing from the top all the way down. Having a well-rested body will help you throughout your day. You will be able to perform your job better. Your back is strong and rested.