



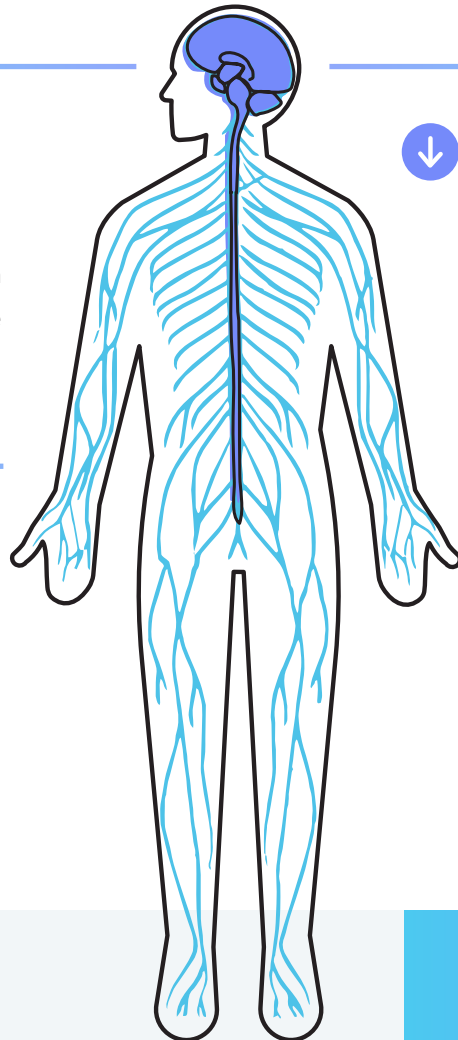
Stress Response (sympathetic)

Increases heart rate
Increases muscle tension
Increased blood pressure
Shallow breathing



Relaxation Response (parasympathetic)

Lowers heart rate
Decreased muscle tension
Decreases blood pressure
Slows breathing rate



WHEN WE EXPERIENCE PAIN FOR LONG PERIODS OF TIME,

our sympathetic system becomes overactive, leading to increased stress on the body. Stimulating the parasympathetic nervous system can elicit a relaxation response.



PRACTICE A RELAXATION TECHNIQUE:

- Do the gentle movements in your exercise program
- Use deep breathing exercises from your health coach
- Explore other mindfulness techniques to stimulate a relaxation response!