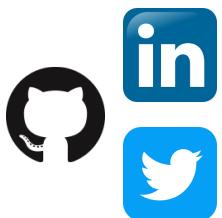




Managing Chronic Pain

JOSEPHINE BUSH



- Microsoft MVP
- DBA
- Author
- sqlkitty.com

AGENDA



- My Pain Journey
- What got you here won't get you there
- Specifics
- Pain vs Self Care

SEEDS

Don't treat your body like it's a machine

Sleep	Eating	Exercise	Drinking water	Stress management
Adults generally need 7-9 hours per night	Eat regularly throughout the day with healthy foods	Try to get physical exercise daily	Minimum of 64 oz per day	Mindfulness like doing one thing at a time, taking breaks, resting



MY PAIN JOURNEY

Terrible bout of vertigo that set
me on the mind body path in
earnest

A photograph of a dense forest. Sunlight filters through the tall, dark evergreen trees, creating a bright, glowing path on the dark asphalt road in the foreground. The scene is moody and atmospheric.

NEURAL PAIN PATHWAYS

The pain is real, but you aren't sick.

YOGA FAVORITES



Yoga with Joelle



Yoga with Kassandra



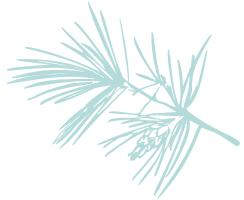
Bea Yoga & Wellbeing



Yoga with Adriene

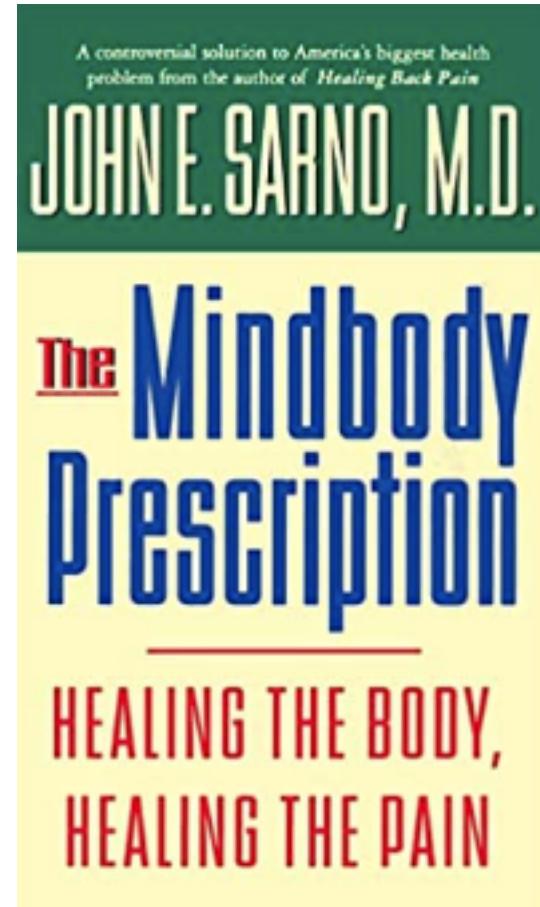
MEDITATION/MINFULNESS





“There's nothing like a little physical pain to keep your mind off your emotional problems.”

John E. Sarno, M.D.



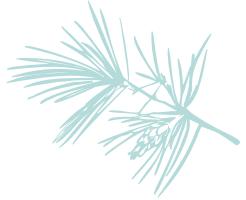
JOHN E. SARNO, M.D.
author of *Mind Over Back Pain*

**HEALING
BACK PAIN**
The Mind-Body Connection



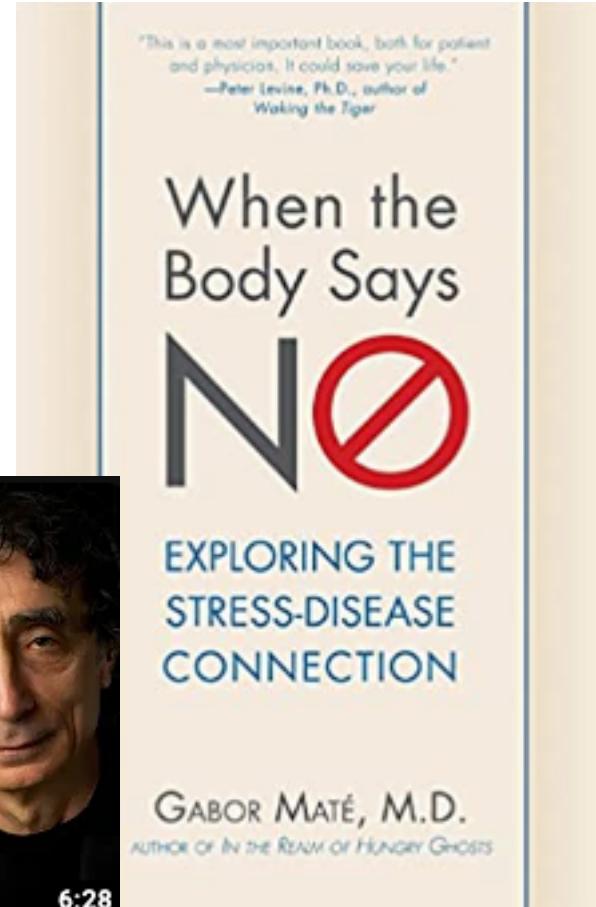
WITHOUT DRUGS • WITHOUT SURGERY
WITHOUT EXERCISE
BACK PAIN CAN BE STOPPED FOREVER

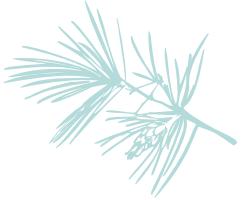
[Healing Back Pain Article](#)



“Knowing oneself comes from attending with compassionate curiosity to what is happening within.”

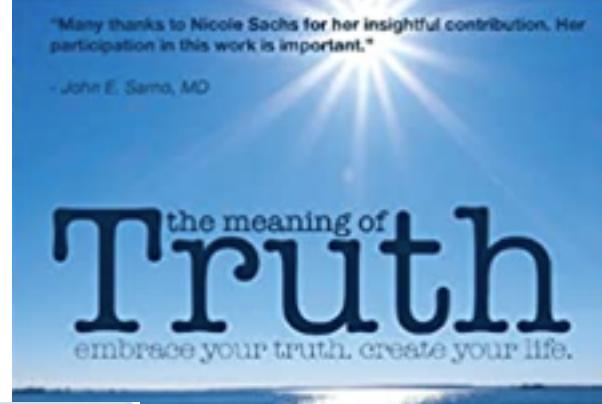
Gabor Mate, M.D.





"Let go of the giving up.
The life you save is your
own."

Nicole Sachs





“Sometimes the ‘pain switch’ in our brains can get stuck in the on position and cause chronic pain.”

Alan Gordon

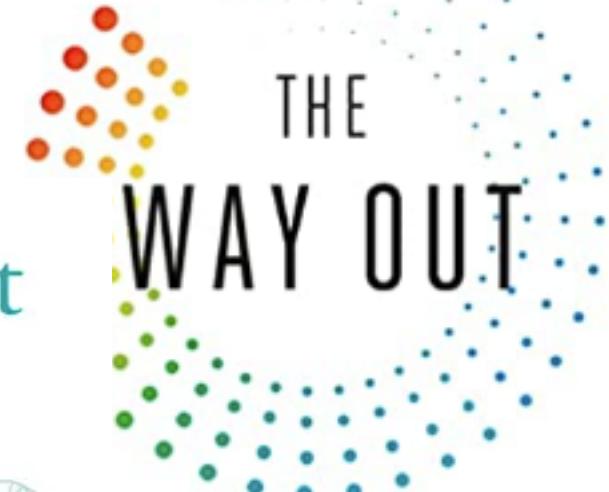
tell me about
your pain

○ curable



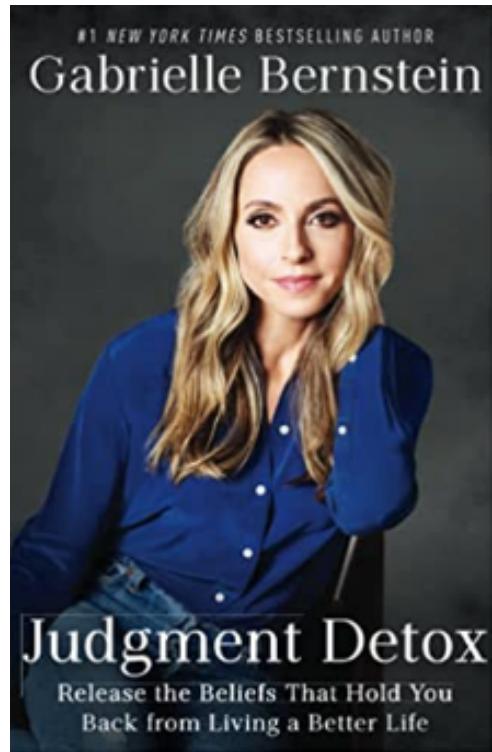
“At long last, a successful treatment for chronic, disabling pain.”
—ALAN T. GORDON, LCSW, founder of cognitive behavioral therapy (CBT) and professor emeritus, University of Pennsylvania School of Medicine

A Revolutionary,
Scientifically Proven Approach to
Healing Chronic Pain

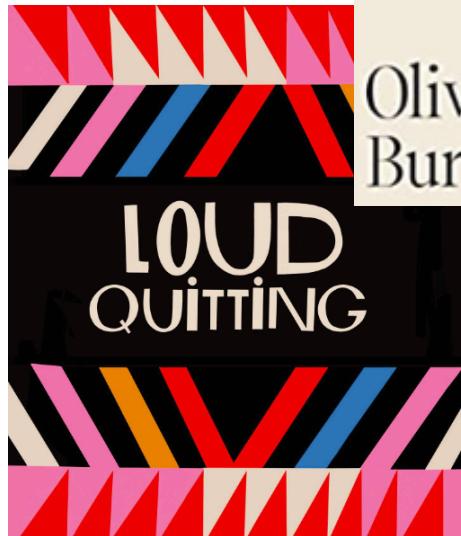


Alan Gordon, LCSW,
Founder and Director of the Pain Psychology Center
with Alon Ziv

AND BEYOND



Simply + fiercely



Four
Thousand
Weeks

Time
Management
for Mortals

Oliver
Burkeman

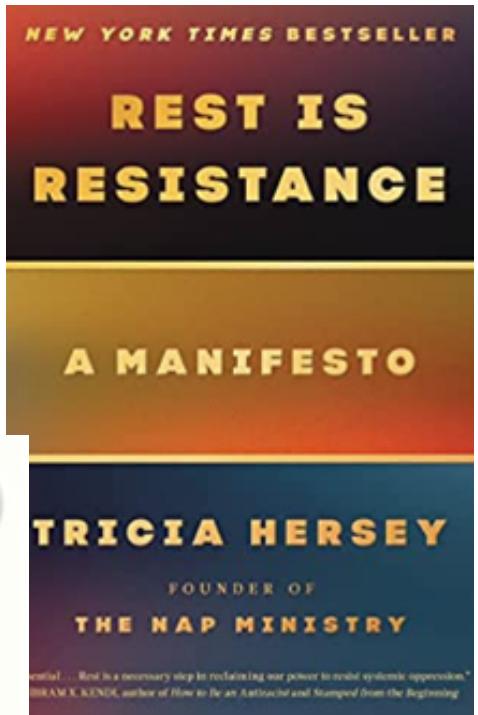


Emotional
Agility

Get Unstuck, Embrace Change,
and Thrive in Work and Life



Susan David, PhD



HOW YOU GET THERE

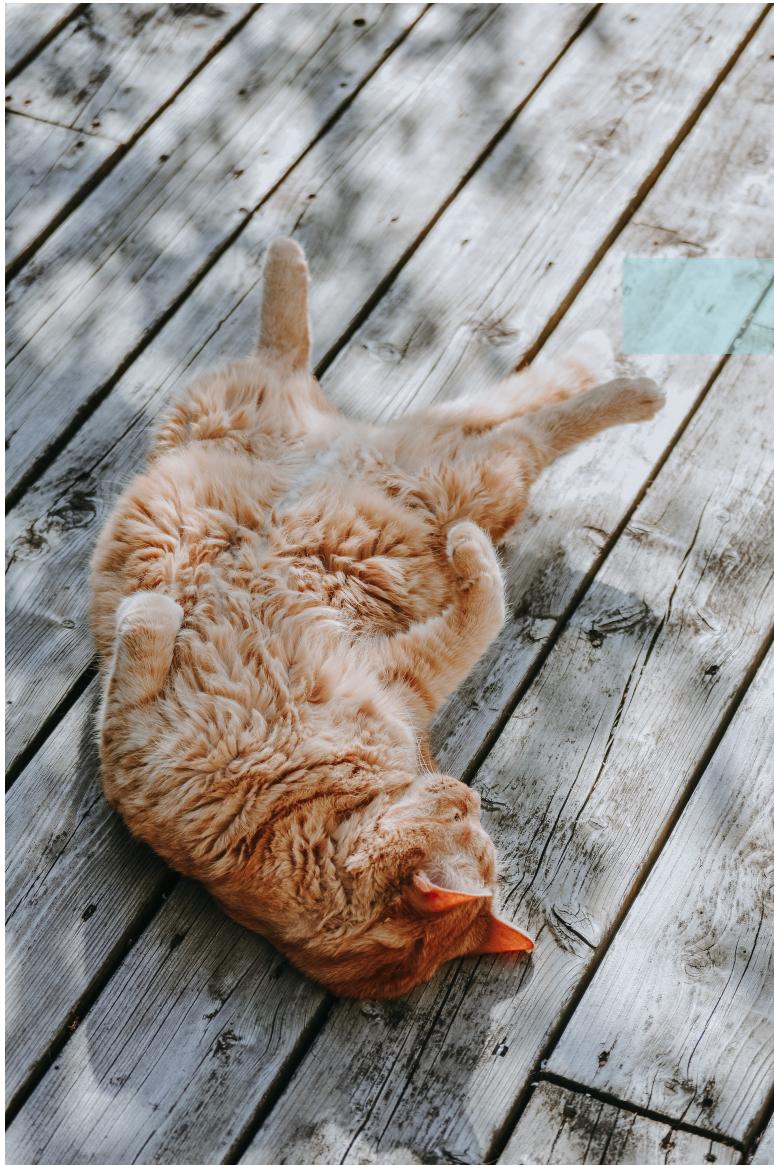
PAIN

- Pushing yourself and pleasing others
- Angry and anxious
- Irritated and impatient
- Neglected and numb

V
S

SELF CARE

- Stop
 - Evaluate
 - Listen
 - Feel
- Compassion
 - Authentic
 - Resilience
 - Expressive



LAZY IS A FOUR-LETTER WORD

Lazy means gentle, slow, and relaxed. We need more LAZY and less PAIN.

[Being Labelled Lazy is a Compliment](#)



SLOW DOWN & BE YOUR OWN GURU
Hold space for healing

THANK YOU

Josephine Bush

hellosqlkitty@gmail.com

sqlkitty.com

SCAN ME

