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# 3 STEPS TO STOP PAIN NOW

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**Pain** is the body's natural response to dis-stress. When we experience events or situations that cause our bodies to work harder than expected or prepared for energy is mobilized swiftly and in large amounts to manage the event.

This makes sense when dealing with one-time or rare events. However, when dealing with chronic daily stress from everyday living this can be a big problem.

This rapid, large response to dis-stress that is so natural in our bodies is also depleted swiftly once activated, leaving us running on empty. To deal with this our bodies draw on organs and systems that are not designed to deal with chronic stress events, depleting us of what we need to run those systems effectively. This includes robbing calcium from bones, hormones from our glands and liver, and even vital oxygen and glucose from our brains.

No wonder we feel tired and less able to focus much of the time! The effects of **chronic stress** can take years to become apparent. So, it follows that finding balance again can also take time. But, it can be done. The key is to **start the healing process**, from wherever you are right now.

And, taking the first steps to dealing with the chronic stress response and eliminating unnecessary pain, fatigue and mental fog is well within reach.

This **free guide** is the first step in the healing process of **Healthy Movement®**. No matter what else you have tried, where you are on your journey, or where your path has taken you, these simple steps can make a significant impact on your path to healing and stopping unnecessary pain. So, let's get started...

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As we mentioned earlier, pain is the body's natural response to stress. So, to deal with pain effectively, **Healthy Movement©** starts by addressing the stress response with simple techniques that allow the body to interrupt the pathway at its beginning, effectively stopping the pain message from being sent when unnecessary. Once we have a simple way to manage the stress response we begin to see results reducing the pain.

Whether your pain is from trauma, illness or the trials of every-day living, the body response is similar, pain often results, and the healing process works in the same way.

So, let's get started on the healing pathway to stop pain in its tracks now. This set of techniques is quick, simple and requires no equipment or special training. All you need to do is follow the instructions and the process begins to work immediately.

## STEP 1:

When we are under stress, our bodies take several steps to ensure we have enough energy and brain power to deal with the problem. To understand this response and begin to address the ongoing negative consequences we will **recreate the dis-stress experience** in miniature.

Let's do this in a few steps.

1. Close your eyes and recall a stressful experience. It could be feeling cold, angry, sad, frustrated, or any other easily accessible feeling. Don't worry if you can't think of anything specific. Just go with it.
2. Now, notice anywhere in your body that feels tight or sore. Do you notice any discomfort?
3. Next, notice your breathing. Is your breath shorter or shallow?
4. Finally, notice your heart rate. Is your heart beating more quickly?

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In step 1 the body responds to an imagined stressful situation as if it is real. The breath becomes more shallow, the heart rate faster and the body more uncomfortable when we experience a stressful experience, even just in the mind. And, it happens in this order. These reactions may be subtle, and we each understand them differently in terms of how they feel in our bodies, but the reactions are universal all the same. This is the reason we can address the solution the same way for each of us and receive the **individual results** we want.

The first reaction the body has to a stressful event takes place in the breath cycle. Most often, we hold our breath. Have you noticed that you cannot smile or laugh and hold your breath at the same time? Stress causes restriction. Breath moves with ease when we are more relaxed. This is **the key** to interrupting the stress cycle and releasing pain.

But, as you may have noticed two additional events happened in the dis-stress process, increased heart rate and physical discomfort. Unlike the breath we cannot easily change our own heart rate, as it is an automatic process, and we cannot even force the breath cycle to change without **causing more stress** to our systems. We can however move our bodies with awareness of our breath and create the **internal space** we need for the heart rate to return to normal and the breath to flow with ease again. In order to **restore** the natural relaxed rhythm of breath, we start where we are, “so to speak,” with the body.

Healthy Movement® addresses the body as a whole, regardless of where we experience pain or discomfort or to what degree. This is because the body experiences and reacts to stress as a whole. The entire system is negatively effected by stress, so that is how we address it. Let’s move on the Step 2.

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## STEP 2:

Sit or stand in a comfortable position with your feet hip-width apart, feet resting comfortably. Take a few breaths, inhaling and exhaling without force. Allow your shoulders to relax, and wiggle your jaw side-to-side a few times.

1. Now, inhale naturally and on exhale draw your chin back until you feel the muscles at the back of your neck activate. Inhale and relax. Repeat twice more, exhaling to draw your chin and head backwards, inhaling to release. Then breath naturally.
2. Next, inhale, and as you exhale roll your shoulder blades back and down towards the center of your spine. Allow your arms to relax. Inhale to release. Repeat twice more. Then, relax and breathe naturally.

Step 2 addresses stressful pain and discomfort through ***movement, connected with breath***. It stops the restrictive reaction to stress where it begins. Even if you find it hard to notice any difference consciously. Trust the process. Our minds are often not the best judges of our internal state. This process allows your heart rate to slow and your breath to become more even and relaxed; the first steps to ending pain.

You might be wondering now what step 3 could possibly be. This one is the easiest of all.

## STEP 3:

Repeat Step 2 as often as possible!

The real key to addressing the stress that causes pain is to stop it in its tracks with movement and breath. By doing the simple actions in Step 2 on a regular basis, (Daily, hourly or whatever your activities allow.) you begin to reduce and stop pain.

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No matter how busy you are, how packed your days, or how much pain and dis-stress you are in, you are breathing and you have a body, which means you have all the tools you need to do this process and stop pain in its tracks. You have the power to take action.

This is what **Healthy Movement**® is all about. It's our mission to help people use the tools they already have; breath, mind and body, to reduce stress, eliminate pain and increase energy and vitality, and ultimately improve their quality of life. Nothing is more empowering than realizing you already have the power you need to do this. No matter what your current condition, your level of pain, your physical ability or mental capacity, this is within your reach. You have a body; you are breathing, and you can move. That is all you need.

So, take a deep breath, sit or stand up tall, allow your body to relax with your breath, and be prepared for pain to ease and your energy to increase for more of what you want to do with your life. This is no magic cure. It takes effort. But, the effort is small and the rewards are significant.

If you've enjoyed this free **Healthy Movement**® guide visit our website at [www.traceyleecurtis.com](http://www.traceyleecurtis.com) to access our blog, workshop and course schedule, social media and other offerings. And may your journey move you towards health and wellness, always.

*In Health,*

*Tracey L Curtis*

*Creator, Healthy Movement*®

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