

Meeting your physical discomfort

- This is an invitation to open up to the full experience
- Settle yourself in the feeling of gravity and weight in the lower half of your body. Know that you can come back to this sense of stability at any point in the exercise.
- Use the breath to gently explore the area of your pain by breathing in to it
- The aim is to use the breath to 'make room for' the pain, not to change it or make it go away
- You can explore the following dimensions of your pain
 - Colour
 - Size
 - Shape
 - Bundles of sensations within sensations
 - Movement
 - Surface texture
- Can you let go of any struggle with this pain object?
- Notice that you are bigger than the area of your pain.
- Widen your awareness to include the whole of the rest of your body
- Notice the parts of the body where there is a sense of wellbeing and ease, eg. the palms of your hands, your feet
- Notice how you are not just your pain
- Take a moment or two to bring a sense of appreciation to yourself for having taken the time and courage to begin to take care of yourself in this way, even though you may not have liked all of the experience
- Wiggle your fingers and toes and open your eyes if you have had them shut
- Re-orientate yourself to the room
- Ask yourself 'what did I notice about my experience of pain during that exercise?'

Adapted from mindfulness-based pain management and Acceptance and Commitment Therapy exercises.