



*Pain relief*

THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

## REFLECT ON YOUR DAY

*What did you do today, and what happened during the day?*

*Write down what happened in your day, things going on in your mind, and what you experienced. This is also a great space to record what you ate and how you felt, as food can create or aid in pain via inflammation. Or recording activities that aggravated or eased the pain.*

*\*Pain can be repressed negative emotions. Journaling is a safe way to express yourself, diffusing anger and difficult emotions before it creates pain. The benefits of journaling include: reduced stress, improved memory, boost mood, reduces and eliminates chronic pain, boost immune system, and rewires the brain. Try to journal every day.*

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**DIFFICULT EXPERIENCES**

*Revisit difficult challenges, situations, and people.*

*Many experiences and emotions go unresolved and get pushed down and repressed. We are designed to process emotions, not hold on to them. So the body will communicate to us our unheard needs in other ways, through pain, until we choose to listen.*

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CHALLENGES TO SOLUTIONS

*What do you need? What is the body telling you? If pain is a signal, a messenger, what is the message? What did your body naturally want to do? What does the body need? What did you learn from this experience? Make a blueprint for taking action.*

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