



BODY STRESS RELEASE Unlocking tension - Restoring self-healing

You don't have to live a life of pain!

Here are some self-help tips to speed up your self-healing process.

Core Muscle Exercises: (Every morning before getting up.)

Here is a simple exercise to strengthen your lower back muscles.

1. **Before you get out of bed** in the morning as you lay on your back.
2. Place your hand flat on your abdomen over your navel.
3. Pull in then relax your stomach muscles, which will cause your hand to move up and down.
4. If you feel your side towards your back with your other hand, you will feel those muscles moving in and out as well. This is how you know you are also exercising those deeper core back muscles.
5. Start with 30 or 40 of these and work up to 100 each morning.
6. The first few times you do these exercises, count out loud as you are pulling your stomach in and out to make sure you are NOT breathing in and out in **rhythm** to your exercises.

By taking 2 minutes to do these exercises each morning you will discover that you have a lot more strength in your core back muscles and a more toned stomach as well after a few weeks.

Neck Exercises: (Anytime during the day)

1. Find the 3rd bony bump down the back of your neck between your shoulder blades below where your shoulders join to your neck.
2. Rub firmly on each side of the bony bump at the same time with index fingers with a slow, deep pressure.
3. Move out a finger width and squeeze towards the middle on both sides at once, with a slow, deep pressure.
4. Move out another finger width and repeat this until you have done this 4 or 5 times on each side of the bony bump.
5. Go up towards the head to the next bony bump repeating steps 2, 3 and 4.
6. Stop when you reach the bottom of your head.

Neck Exercises: (At night while you are lying in bed just before sleeping.)

1. Find your thick muscle along both sides of your neck, and get an index finger on the transverse processes of the vertebrae just behind this muscle.
2. Start at the top, just under the jaw below your ears.
3. Rub in 3 small circles, like you are rubbing in cream.
4. Rub both sides at the same time with a firm yet comfortable pressure.
5. Move down a fingertip width and do another 3 circular rubs on each side.
6. Continue moving down a fingertip width and do another set of 3 circular rubs on each side until you reach your collarbone.
7. If you find a particularly sensitive spot, do 3 extra rubs on that spot.