

Parasympathetic Nervous System Regulation

(In Respect Of Helping With Pain)

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- 1. Mindset: Feeling of Safety, Body-Scan, Visualization, Meditation, Gratitude, Forgiveness, Compassion, Acceptance, Perform or Observe a Random Act of Kindness, Share Time with a Friend, Loved One and/or Pet, Write or Draw in a Gratitude Journal, Relax and Be Grateful while Eating Nourishing Food, View Pain as Information and not Necessarily Damage/Harm, also View Pain as a Teacher and an Opportunity to do Something Different, Watch a Comedy.**
 - 2. Breathing: Through The Nose, Focus on Extending Pause and Exhale, Deep Sigh, Laughing, Humming, Singing, Chanting, Gargling, Sighing, Yawning, and Swallowing.**
 - 3. Sight: Look Up, Down, Smooth Tracking while Scanning The Horizon, Gaze at Nature, Gaze at a Wood Burning Fire, and Open, Closed, Eye Massage.**
 - 4. Smell: Pleasant Smell (A: Can I Smell Anything? Yes or No? B: Can I Identify This Smell? C: Can I Visualize This Smell?)**
 - 5. Nature: Visit and/or Visualize a Beautiful, Peaceful Landscape like a Beach or Forest. Stand or Walk Barefoot on Natural Surfaces, Engage all Senses (Sight, Hearing, Smell, Taste, and Feel).**
 - 6. Skin Stimulation: Scalp, Face, Neck, Ear, Hands and Feet Massage, and Gently Massage/Rub/Tap/Rake Areas of Discomfort as Well as Opposing Joints of Areas, Rub From Right Fingers all the way through to Left Toes (Mobility and Movement, When In Doubt, Rub). Touch with Hands and Stand with Feet; Pleasant and Novel Surfaces of Varying Texture, Size and Shape. Rub Menthol Type Cream on Areas of Discomfort, K-Tape the Spinal Segment or Other Area of Interest, Gently Massage Left Side of Your Abdomen, Gentle Touch, Hugging, Rocking, Compression Garment, and Weighted Blanket.**
 - 7. Cold: Ice on Face or place Feet or Hands In Bowls of Ice/Ice Water, Cold Bath or Shower.**
 - 8. Vibration: Electric Toothbrush, Massage Gun: Hands, Feet, Vibration: Trampoline, Whole Body Vibration.**
 - 9. Movement: Smile, Massage inside of Mouth with Tongue, Chew Gum, Pelvic Movement, Gentle Tolerable Range of Motion of Spine and Ribs, Body Rolling, Circular Shoulder Shrugs, Ankle and Wrist Circles, Sit on the Floor in Postures of Rest, Hang From Hands, Walk in Nature on Natural Surfaces, Movement Variability rather than Avoidance.**
 - 10. Sleep: Awake with the Sun, Sun Exposure in The Morning and Afternoon, Sleep a few hours after Sunset.**