



Building Your Path Back to Wellness

Welcome to the beginning of your journey. Well, to be honest, let's look at this as the beginning of the end of your journey with pain.

I am not saying that your pain will disappear and be gone forever, I am saying that you will find a path to a better way of living, a way that helps you achieve your goals and get back to engaging in an active life.

So, let's start.

Included in this program is a workbook. **Please print it**, you can do that professionally or at home, but by printing it off, it becomes your journal in this process. Feel free to read through it, but don't be in a rush to complete it. There will be prompts throughout this program that lead you to certain questions, some parts will be easier than others, some will look easy then end up sitting with you for a couple of weeks. Let them. Make this journey with a foundation of curiosity, explore your body movement, your breath, your thought patterns, how you relate to other people, and your sensations of pain.



A little background on pain...

Pain is a funny thing. We all think we know how it works: You touch a hot stove, a signal goes to your brain, the brain says 'OUCH' and sends a signal to your hand to pull it away. This is partially correct.

Without going into specific mechanics & anatomy ([if you'd like to know¹](#)), what really happens is that the temperature (hot) signal goes to your spinal cord, your spinal cord has a reflex action that automatically reacts by pulling your limb away from the heat source. This happens with pressure (like a sharp knife) or temperature. The brain also gets a signal and processes this 'new' sensation and now files this experience away. This creates a memory of danger around hot objects. This **perceived processing** will now help you in the future to not repeat the danger. This can explain why when kids touch something hot for the first time they likely get a bad burn as their brain's have never had this experience before. Once the brain processes this information, it can then be on the lookout for danger in the future.



Another example... Imagine you head out to play catch for the first time and you get nailed in the head by a baseball. That hurts! The same process happens in your nervous system and your brain now perceives that playing ball can hurt badly. So the next time you head out, you are a little more on edge, watching more closely. This helps you move faster, maybe dodge the ball or catch it better and can effectively change the negative memory into a better one. But what if you get hit hard again with the ball? Your nervous system (your brain) is now going to build stronger neurons to help you avoid this pain/danger in the future.

What if your nervous system goes too far? What if now, everytime you see a baseball you feel the previous pain that you experienced? I bet you would quit baseball.

So how does this relate to your pain... First we need to recognize that not all pain sensations we feel are directly due to structural damage (from here on I will refer to as tissue damage). In the case of chronic pain, the nervous system has been trying to

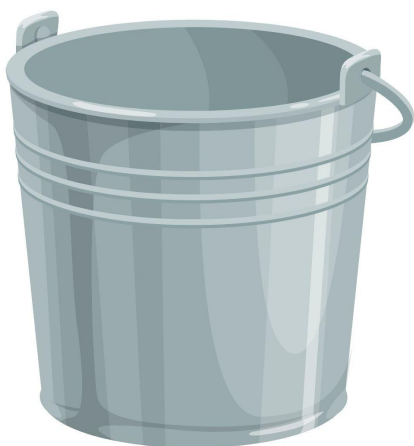
¹ <https://owlcation.com/stem/Here-is-what-happens-when-you-accidentally-touch-a-hot-pot>

protect you from something for so long that it has gone overboard and has made the reflex so sensitive that any little thing will set it off.

We have gone years believing (and being told) that the sensation of pain is a direct result of tissue damage. Makes logical sense right? Something hurts, you get some imaging (MRI, x-ray, ultrasound) done and the report says that you have a bulging disc, osteoarthritis, a meniscus tear, etc... So you are led to believe that if it is 'fixed' then you'll be all good. But then you are not. Maybe it gets a little better, a prescription helps, a surgery, and to be honest, sometimes it is the fix. In terms of chronic pain though, that is not often the case.

Here is another interesting tidbit: If you took 100 random people, over the age of 45 who are not currently experiencing pain and put them in an MRI, over 80% of those images would show bulging discs, osteoarthritis, small tears in different tissues... So why are you experiencing pain and not them?

Let's think back to how the nervous system is trying to protect you. Imagine you have a bucket, it can be a good sized bucket and each one of your responsibilities, stressors, chores, bits of work, and challenges goes into that bucket each day. Ideally your bucket would never, or rarely, overflow. But what happens when yours does, every day. Does that sound familiar? We'll look at this in the workbook, but for now I want you to imagine your nervous system and how it reacts to danger. I'm sure you've heard of the 'fight or flight' reaction (now they also add in 'freeze'). This is very handy if you need to fight off or run from a serious danger like a lion, or your child is in danger and you need to move fast with extra strength. This is a serious and immediate response in your body. What if your body is firing that reaction up every time your bucket overflows? Or... everytime you feel like your bucket is about to



overflow? Your nervous system is now building more sensitive reactions each time. It is only trying to protect you, but in the end, it isn't doing a good job of making you feel safe.

Now for the good news. As much as the nervous system can build the sensitivity and levels of pain, it can be reversed. We are neuroplastic beings and as much as it was believed that after the age of 25 we couldn't change anything, it is now shown to be possible to change at any age. This reversal does take work and awareness.

Now this poses an interesting question. When did your pain start? Was it a memorable incident that did cause an injury and now it has just stuck around, or did you wake up one morning and there was just a nagging sensation that just hasn't

gone away? Either way, right now, you have chronic pain, which is defined as “[an unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage²](#)” that lasts longer than 3-6 months.

So, do we put less in the bucket, or get a bigger bucket? A little of both actually. We start to recognize the little things that we can manage in a better way, we prioritize things that are important and we look at how to calm our nervous system (essentially making our bucket a little bigger).

Check out the workbook and start writing down all the things that you put in your bucket daily.

Fear/Pain Cycle

Again, pain is exhausting.

Our ingrained system of putting our full trust in the medical system of looking for structural issues to 'fix' is broken. It is also driven by the pharmaceutical industry. Yep, I said it. We are over prescribed and under heard. With doctors only having 10



minutes, yes, it is now down to 10 minutes here in Alberta, to listen to their patients and talk with them, that isn't enough. To be honest, if I only had 10 minutes to listen and talk with clients, I wouldn't be able to effectively do my job. I feel bad for doctors.

So where can we turn? Google? Yikes! But we do, and the info out there can be scary, misinformed, confusing, and overwhelming. And when you are experiencing

chronic pain and the time in between medical appointments is long, Google seems to be your friend. But is it?

For example, Google 'osteoarthritis', heck even specify 'knee osteoarthritis'. First page is all about symptoms and causes with just about every article mentioning 'wear &

² <https://www.iasp-pain.org/publications/iasp-news/iasp-announces-revised-definition-of-pain/>

tear' being primary causes of osteoarthritis. Generally the second cause is from an earlier injury to the joint that leads to osteoarthritis.

Imagine if you will, you are in your early 60's, about to retire and start really living and enjoying activities, travel, and more... but you have some knee pain so you head to your doctor. They send you for imaging (likely x-ray, maybe bone scan, MRI) and you go back for them to tell you it is osteoarthritis, maybe they even read from the report that it is severe osteoarthritis and that it is 'bone on bone'. AH! This sucks. You had everything planned out now you'll have to deal with this knee pain forever and it will only get worse until you finally can get your knee replaced. This is how catastrophic thinking works... then you add in Google, look at images of the 'bone on bone' scans and you can just start 'seeing' the pain every time you move.



This leads and builds in fear. Fear of pain, fear of disability, fear of not being able to do things you love, fear of getting 'old'. This fear causes your nervous system to be on high alert. This high alert is meant to protect you, but it becomes overprotective and your neurons start becoming more sensitive to movement, then emotions and stress levels. All of this makes you feel like your knee is getting 10x worse every week, leading to more fear and a higher level of sensitivity. Get it?

This fear/pain cycle can be applied to so many chronic pain/ailments. I've worked with shoulder pain, back pain, neck pain, fibromyalgia, knee pain, injuries, and more.

This all leads me to look for more of a bigger picture, yes there is sometimes a structural issue behind the pain, but there is also strong evidence for the **psychosocial** contributing factors as well. Fear is a big factor in building the pain experience and it puts our nervous system on high alert and makes us so much more sensitive to the smallest alarm.

So, let's look at the big picture. The good news is that your nervous system is plastic. Just as much as it can become highly sensitized, it can change and learn to accept that some sensations are more about tissue health and adaptation rather than catastrophizing tissue damage.

Journaling

So, head into your workbook and look at the first question. Please take the time to write something down, basic or in depth, but grab a pen and write something.

[Journaling](#)³ is part of this journey and trust me it helps process things when you write them down.

A few guidelines:

Find your process.

As much as I recommend printing the workbook to write in, maybe you do better typing, or maybe you are better at doodling, creating pictures, listing off words... I myself love certain types of pens and sometimes one colour is better suited than another.



Set up the journal.

If you print it off, make a cover for it. Put a little bit (or a lot if you are more artistic) of effort into creating this space that will be a part of your journey.

Let go of control.

This could be challenging, but this journaling space doesn't need correct spelling, proper punctuation or grammar, or even politeness. It will likely

take a bit of practice, but just write what comes to mind.

That brings me to the last guideline: ***Keep your journal private.***

If you feel comfortable, you can talk with your support people about things that have come up, but the writing itself is a private space. Things can come across to others in a different tone or angle that doesn't go over well and may leave hard feelings.

Language

Words matter. I know we all grew up with the phrase: 'Sticks and stones will break your bones, but words can never hurt you'... Not true.

³ <https://www.psychologytoday.com/us/blog/research-notes/201501/the-art-journaling>

Words play a huge role in your journey back to wellness. Not only the words you talk to yourself with, but the words that are used in your physical therapy. Now, this does NOT mean that you can lie to yourself and talk your nervous system through anything, it is too smart for that.

First, it means that we need to listen to our habits... When you have a sensation that you would typically jump to label 'PAIN', can you take 30 seconds and sit, breathe, and notice (without judgment or trying to change the sensation) it. Is it achy, throbbing, stabbing, burning, etc... We'll practice more of this with each Critical Alignment Therapy session, it is called Somatic Tracking and it is to be used when you notice sensations, not when you have a flare up.

It is a way to communicate with your nervous system and say 'Hi! I think you are trying to tell me something, so I'm going to work with you and start noticing, and not freaking out over the signals that you are sending me.' It is this practice that allows you to work with your nervous system in a calmer way and start to notice triggers that may be affecting that alarm system that is going off.

Language also affects your fear/pain cycle. Imagine being told to never run again (and you live for running), or to be very careful not to fall, never twist your spine, or pick up anything over 5lbs (I bet your grandkids or small dog weigh more than 5lbs). This not only sets your nervous system to be on high alert and more sensitive, but now you are limited in your cherished activities.



Language is also important when talking to your health care provider. You've likely noticed the pain scale, 1-10, that is used. But a 4 to someone who has been experiencing chronic pain for years, may feel like an 8 to someone who lives virtually pain free. It also drops pain into just a physical sensation. If you are experiencing chronic pain, you know that the emotional and mental toll are just physically exhausting and are huge factors in pain levels. This is not something that is often understood or even asked about in appointments.

Here are a few tips to help get the idea across to your medical support team, and anyone else.

1. Use more descriptive words to describe your pain: stabbing, burning, lightning bolts, shooting, electric, throbbing, radiating, etc...
2. Explain how your pain evolves throughout your day and over time. Instead of saying that you are in pain all day, explain how it affects getting out of bed/the car/putting on your shoes; if it is more intense at certain times or during certain activities; how it affects your sleep; does it help to rest or is there an activity that helps; and is it sensitive to things like temperature and/or touch.
3. Describe how it affects your functioning, physically, emotionally, cognitively.
4. Draw a picture of it. Use the picture in your workbook, grab some markers, and draw your pain. Use X's, lightning bolts, intense lines... anything that helps you describe your pain.

Start to notice how words that are used play a part in all of these factors. Work on changing the words to more descriptive, yet more neutral words that can allow for a calmer nervous system.

Sleep, an Important Factor



I bet that you feel your pain is what keeps you awake at night... and that is likely true. However, if you had the ability to look back at when your pain started, were you sleeping well?

Studies have shown that sleep deprivation plays a huge role in chronic pain. The processes that happen when we are in deep sleep help to reset the body, clear out the 'junk' in the nervous system, and get you ready to start the next day. If you aren't sleeping well... staying up late to watch tv, looking at your phone, and then having to wake early to start the day for

kids, work, etc... your nervous system is not recovering well and likely making your bucket smaller.

So, yes, we know that the habit of binge watching tv late into the night is a bad idea. If you need to tackle that habit, start there. Maybe you eat a late dinner, that affects your metabolism and the ability to get a decent night's sleep. If you enjoy a couple of drinks of alcohol before bed, notice if you wake up about 2-3 hours after falling asleep... the process of digestion in your body, particularly with alcohol does have a direct effect on your ability to sleep.

While there are many habits that we have that affect our sleep, another one to look at is waking in the middle of the night. Note: It is completely normal to wake 2-3x each night. So don't get frustrated that you can't sleep a full night. The trick here is to not just lay in bed and 'wait' to fall back asleep. We all have had those nights where we wake and lay there for hours not fully falling back to sleep. Our bed is comfy, we think we'll fall asleep... but our minds start thinking. IF that happens, get out of bed. Go sit on the couch and read, fold some laundry, do something that is a calm, quiet activity in low light. Don't, absolutely DO NOT look at your phone. Between the hours of 11 & 4am you need to do your best to not expose yourself to light coming from a screen. It is a huge disrupter of the sleep process.

Head to the workbook, let's look at your sleep hygiene.

Mindset

In the last 5 years, while studying the complexity of pain, I've also been learning about stress.

When I was in University, we were taught that there is good stress like a hard workout, and bad stress like an overly demanding boss. Both are normal.

Fast forward 25 years and society has a strong mindset that stress is bad. All stress. And it all leads to health issues, rapid aging, injuries, you name it, it is bad. Even the photo that I chose to represent this article... it likely made you feel, right away, stress is bad.



How does this affect us and why am I writing about it now... One reason, I just listened to another [Huberman Lab](https://hubermanlab.com/dr-alia-crum-science-of-mindsets-for-health-performance/)⁴ podcast about mindset and the second reason is

⁴ <https://hubermanlab.com/dr-alia-crum-science-of-mindsets-for-health-performance/>

that I feel we all need to have a full perspective on stress in our lives and the more we know, the healthier and happier we can live.

Without listening to the full podcast and just to focus on stress... here is the basic message that came from a published study in 2017 (Crum, Akinola, Martin, & Fath, 2017):

*'Stress mindset is the overarching belief that stress is either enhancing or debilitating for cognitive, psychological, affective, and [hormonal](#)⁵ outcomes. Individuals who hold a "stress-is-enhancing" mindset see daily life stressors as challenges for which they have adequate resources to meet expected demands. Those who hold a "stress-is-debilitating" mindset see stressors as overwhelming events for which they are lacking internal resources to meet external pressures. **Specifically, individuals who endorse stress as a challenge, rather than as a problem, on a measure of stress mindset (Crum, Salovey, & Achor, 2013) tend to have better health, greater life satisfaction, lower cortisol reactivity (the "stress" hormone), and are more receptive to performance feedback by others.'** [Read the full article here](#)⁶:*

So where does that leave you? Here is a great [toolkit](#)⁷ to help you rethink stress.

Finding Good Help

I've seen MANY physical therapists/massage/chiro/acupuncture/osteopaths. Some helped, some didn't. Why? Even though their professions are mainly about helping people in pain, they themselves are not trained in chronic pain. And it creates a huge gap.

Hindsight being 20/20, if I'd only known then what I know now... I've learned a lot, and I am still learning.

Chronic pain is a tough place to be and all you really want is an answer and a clear path to recovery. But it isn't that easy, pain is complex.

So where does that leave you? Sadly for most, trapped in the medical system that only tends to look for structural, or as they call it, biomedical reasons, as that is how they have been trained. But there is another side... the psychosocial aspect.

⁵ <https://www.psychologytoday.com/us/basics/hormones>

⁶

<https://www.psychologytoday.com/us/blog/greater-the-sum-its-parts/201703/stress-mindset-tied-physical-and-mental-health>

⁷ <https://sparqtools.org/rethinkingstress/>

Think about how pain has affected your life?



- Have you changed how you live?
- Have you stopped doing certain activities you loved?
 - Do you avoid social situations (for reasons other than Covid) because standing or sitting causes pain?
 - Does your pain experience make you so exhausted that you just don't have the energy to do things anymore?

These factors contributed to your pain, then the pain caused questions and fear, and with chronic pain, there is usually a good amount of fear. Fear of never feeling better, fear of constant pain, fear of moving

your body, fear of waiting for answers, fear of a scary answer... And therein lies... the fear/pain cycle.

So where does that leave you... in a rabbit hole of finding that one thing that will help, so we head to physio, massage, chiro, acupuncture... There are a whole lot of manual therapies that seem logical to work. But in all the go to therapies, do any of them help you look at your life and give you the tools to mentally work on the pain? If yes, then congrats! I would love it if you can share your practitioner's name so I can add it to my network list of good, solid manual therapists. But unfortunately there are not many out there.

Know that a good physical therapist is going to do a few things:

1. Talk to you about your goals.
2. They will look for red flags and refer you to the medical community when needed.
3. Help you find patterns that cause flare ups in your pain, not often are they movement patterns.
4. Give you tools to deal with pain when it flares up at 3am.
5. Help you look at the big picture of pain.
6. Provide some education around how pain works, it is more than just tissue damage.
7. And... they are going to get you moving your body. Providing the right level of movement that will help you build your path to wellness.

A few red flags for you to look for when working with a physical therapist:

1. They tell you chronic pain will not go away and that you'll have to learn to live with it.
2. That medication or a surgical procedure is your best bet and should be tried before anything else.
3. That your pain is due to 'poor posture', asymmetry in your body, or weakness in a specific muscle.
4. That you need to rest and avoid certain (or all) movement/exercise.
5. And they want you to come back to them frequently for them to do all the work on you.

Does any of this resonate with you? It can be tough, everywhere we turn, and how we grew up, we are told that pain is structural (or sometimes we are told it is ONLY in our heads), and that the only fix is surgery/injections/medication and there is no talk about what is going on in the rest of our lives. It makes me want to scream!

Let's change this! Starting here, look at the app [Curable](#)⁸, do some reading on the [P in psychological](#)⁹, and explore your big picture.

The Mind Body Connection

You may have noticed by now that your mind and body are intricately connected.

The most obvious of this connection is how we tend to physically feel well when we have low stress, are with people we care about and enjoy being around, feel secure and at peace, and/or have finished exercising. You've also likely noticed the opposite, that we 'feel' more aches, old injuries when we have been living with higher levels of constant stress, we are worried about the stability of our security, and we are in conflict with people in our lives.



So why is that? Well, this could be a long, well discussed topic... the short answer is that when our nervous system senses danger, similar to how you would likely be

⁸ <https://www.curablehealth.com/infographic/path-out-of-chronic-pain>

⁹ <https://www.mycuppajo.com/psychological-p-in-biopsychosocial/>

more careful around a hot stove or boiling water, it sends cautionary signals in the sensation of pain as it has learned that pain is likely going to get your attention the fastest in a certain location. Over time though, the nervous system starts sending more signals, stronger signals, and/or becomes over cautionary (what we would call over-sensitized).

The good news is that as much as the nervous system can heighten its signals, it can also learn, and change, to calm those same signals. That is called neuroplasticity. It is quite amazing as not many years ago, maybe even a decade or two, it was believed that once you, and your brain, became an adult (age 25) there was not much you could do to change.

Now, here is the main point of this article... while you can link your mind and body to calm your nervous system, I like to take that one step further, literally... I want to include learning ease of movement into the calming of the nervous system. Let me explain further.

Many pain management treatments ([example¹⁰](#)) will work to teach you awareness, breath work, cognitive behavioral therapy, meditation, relaxation. All things that are excellent active techniques for you to build into your daily life. There is one thing that I feel is missing. The link to movement of the body.

What is the one thing you stop doing when you are in pain? Movement. Totally understandable. If you've read my post about [kinesiophobia¹¹](#) it used to make sense that we would stop doing what hurts, not to mention the medical professionals advice of rest and stopping activity. The downside of that, when you are in chronic pain, is that the lack of movement just makes things worse and leads directly to the pain/fear cycle where you now catastrophize every movement. We now know better.

What is the one thing that they have found helps the most with chronic pain, nagging injuries, cranky body parts, and aging? Exercise. In 2016 a [meta analysis¹²](#) was done on the treatments for fibromyalgia and guess what... **'Based on meta-analyses, the only 'strong for' therapy-based recommendation in the guidelines was exercise.'** I can cite [article¹³](#) after [article¹⁴](#) after [article¹⁵](#) that confirms exercise, the one you will be most consistent with, is an excellent treatment for pain.

¹⁰

<https://www.health.harvard.edu/blog/5-ways-to-ease-pain-using-the-mind-body-connection-2020082420788>

¹¹ <https://www.criticalmovementtyc.ca/post/what-is-kinesiophobia>

¹² <https://pubmed.ncbi.nlm.nih.gov/27377815/>

¹³ <https://pubmed.ncbi.nlm.nih.gov/34901069/>

¹⁴ <https://pubmed.ncbi.nlm.nih.gov/34444189/>

¹⁵ <https://pubmed.ncbi.nlm.nih.gov/32798763/>

Though one thing missing from most of these articles is how using both the mind-body connection and exercise affect pain and aging.

So how can we link the two? Working with the mind-body approach and leading into movement and exercise is possible.

While everyone is different, the basis of linking the two modalities is the same. Beginning with the awareness of breath and connecting it to the sensations in the body. Creating an observation of the thoughts and working to adjust the language around our experience. Then building on small, stable movements in the body that allow for ease. This is not pushing through pain. Even as you read that last sentence you may have noticed the difference in the language and its effects. Then, those small movements build strength and coordination... and you continue to build from there.

That is the basis of [Critical Alignment](#)¹⁶ Yoga Therapy. **Relaxation into Movement building into Strength & Coordination.** All while creating an awareness of the language around the experience. Thank you Gert van Leeuwen, the founder and my mentor, in Critical Alignment Yoga Therapy since 2005.

An example. One of the latest clients that I have worked with (and she has given me permission to use her story) had a severe ankle injury 20 years ago. When first talking with her, she explained that the surgeon, going into surgery, commented that she may never walk again. After surgery they told her that they put 2 plates and 12 pins into her ankle. She spent 2 years in physio and was able to walk again. No where along that path was she told that it wasn't as severe as previously thought, so all of



this time she's had the belief that she is lucky to be able to walk from the car to her home and that every step is going to be painful. That created some serious hard-wiring, muscle tension, and very little movement. Looking at her xray (I love it when clients have imaging to look at, but disclaimer I am not a radiologist) I saw that the pins and plates were at the distal (ankle) end of her tibia & fibula (the 2 long bones in her lower leg). Now if you've also read

my post about the [feet](#)¹⁷, you know there are many more bones than just those 2. While previously talking to her, it had sounded like the pins and plates were throughout her ankle joints, but in the xray it was clear that those joints were not affected.

¹⁶ <https://criticalalignment.com/>

¹⁷ <https://www.criticalmovementtyc.ca/post/your-feet-are-your-foundation>

Two things then happened. One, in me telling her that it was not nearly as bad as I had thought, that gave her immediate mental relief. She was so happy to hear that. Two, in working with her and the connection between breath and sensations in her ankle, she was able to feel muscle tension release. Mind-body connection is solid.

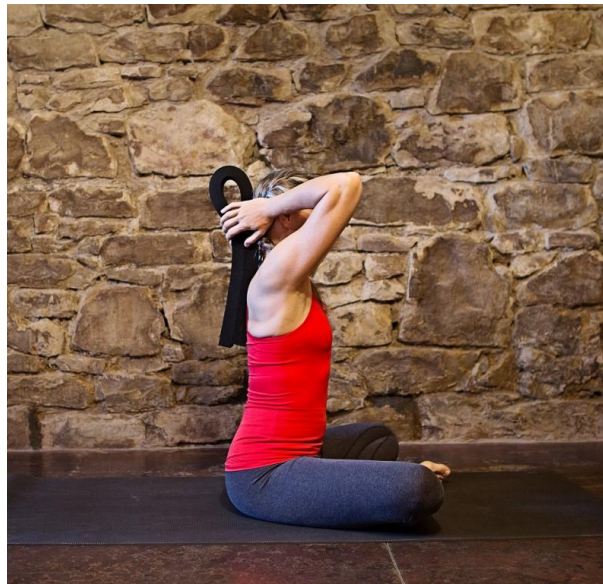
We'll be working on building up her ability to bear weight in her ankle (both ankles, since the other ankle hasn't had much movement in the last 20 years), create movement and awareness in the joints in her feet, knees, and hips. Continuing to build from there until she can walk around the block with her adorable dog and walk to the playground with her grand-daughter.

Critical Alignment Yoga Therapy

This is a key part of the process. This somatic tracking therapy is essential to bringing awareness to your breath, the body, movement of your body, and the effect all of this has on calming your nervous system.

We'll be practicing this each week, use the videos as much as you can. The more you practice this, the more it will add to your daily life and awareness of when your body and nervous system start going into tension and protection. You will then have the awareness of being able to listen to the whisper of the sensations, rather than the screams.

I am thankful to have been steered Gert's way when I was dealing with a shoulder injury after my Skeleton racing days. He was the first to introduce and teach about the importance of language.



The main structure of Critical Alignment Therapy is that you start at a place to create relaxation in the body, release of tension. From that point of relaxation you learn how to move with ease, to feel the connection of bone structure as you move. It is from this space that you now begin to build strength & coordination.

It is a very useful and effective yoga therapy. If you'd like to learn more, please let me know and I can point you in the right direction.

Natural Movement

Depending on the activities you love doing, everything comes down to some basic human movements. So I use the foundation of Natural Movement to begin most movement rehab programs.

Now, if you go and google Natural Movement you'll see all these intense, caveman-like videos of jumping, climbing, running, crawling, throwing, pull ups, and more. Let's start at the beginning. When you did the self assessment, this is what we were looking at. Can you get up and down off the floor? How is your balance? A basic push up (looking at shoulder mobility), little bridge (looking at posterior stability), and crawling (looking at anterior stabilization) can tell me a lot! And of course there is the squat, looking at the movement of your hips, knees, ankles... all while stabilizing your core area.

From here we can build. We play with movement. Some days you'll find are decent, there is progress. Some days will be challenging.

This path out of pain is not linear. It is a squiggly line that goes up, back, down, forward... And the more we calm the nervous system, recognize triggers, and build good habits, the better it gets.

Building Good Habits

Here you'll find a good chunk in the workbook. Building good habits isn't just reading about them. Head to the workbook and start learning little by little. See this as one small step at a time. Don't make it a mountain.

In Closing

That's it... for now. Looking at it all at once, it seems like a lot. Please take a break. Remember, I am asking for 30 minutes a day. This includes the movement rehab program that we've set up as well as this work.

Start with one small step at a time. Looking at the big picture can be overwhelming and daunting. Each week we'll talk about a small part, we'll do some Critical Alignment Therapy, and you'll practice the little things.

You've come this far. You have the strength. Remember this is a practice, a journey. The best journeys are short, they progress over time.



The path will sometimes be rocky, sometimes smooth. Over time you'll see the patterns, recognize the triggers, and live a calmer life where you can enjoy the activities you love.

Keep up the awesome work!