

**Are you
carrying the
weight of
the world on
your
shoulders?**

www.tremendousTRE.co.uk



**And it's so
heavy that
you have
neck/
shoulder or
back pain?**

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**Here are
five
suggestions
that can
help ...**

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First of all: You are not alone

Depending on which study you read, about 60 to 80% of adults experience back pain and 20 to 70% experience neck pain.

Generally speaking, more women than men are affected.

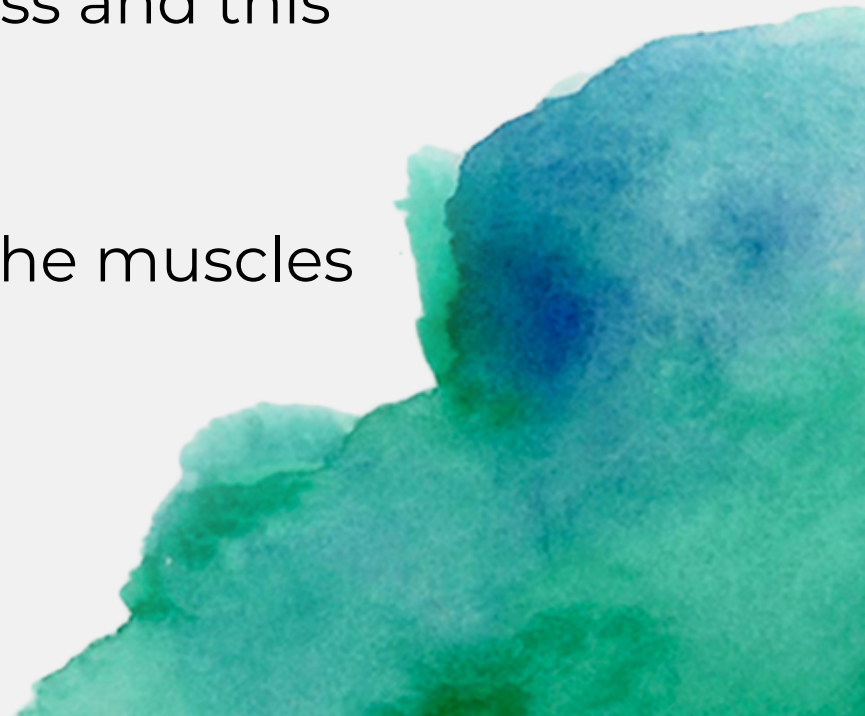
Stress and tension can manifest as pain

You have probably experienced it yourself: the more stressed you are, the more you tense up.

Tension is a manifestation of stress and this can lead to chronic pain.

When you are able to de-stress, the muscles release that tension.

Easy!?



A wee note ...

When things feel overwhelming,
remember ...

One thought at a time,

One task at a time,

One day at a time.

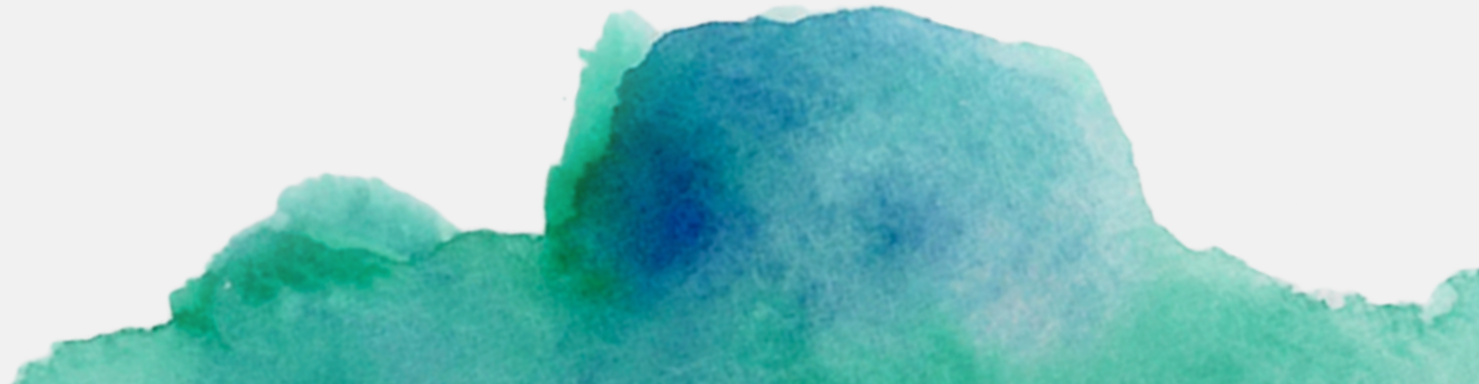


Sometimes thinking is not enough ...

Stress is not just in our minds, it's in our bodies, too.

But the go-to modalities to address psychological issues are generally talking therapies that work cognitively.

An impressive alternative are somatic techniques – the added bonus? Giving your busy mind a rest.



A few suggestions you might find helpful ...

- Breathing
- Grounding
- Self-massage
- Exercise
- Shaking



Take a deep breath



It might sound like advice from your granny, but taking a few, conscious and deep breaths in – and even longer breaths out can calm your nervous system.

Take this even further by inhaling through your left nostril (simply press against your right nostril to block it) – this decreases the sympathetic (fight or flight) and increases the parasympathetic activity of your nervous system and is calming.

If you'd like to find out more:
Check out James Nestor's work.

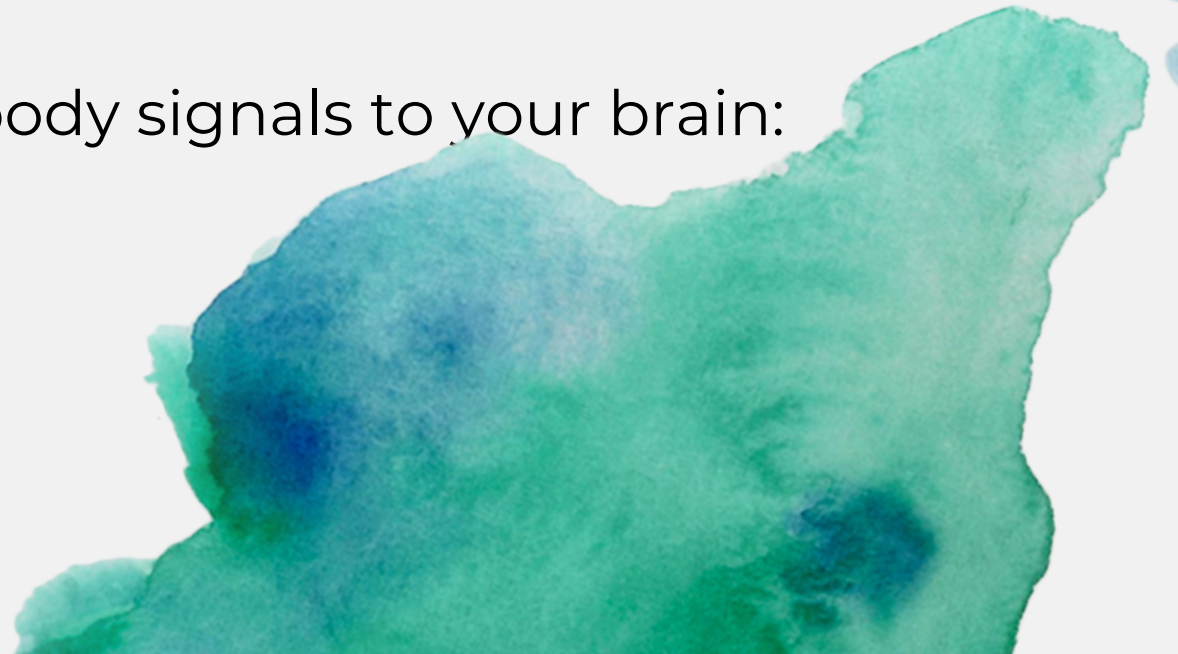


Grounding

Take a few moments and concentrate on the present moment. That really is all you have right now and - strictly speaking - need to care about just now.

It's easier said than done, but give it a try.

Being grounded, your body signals to your brain: we are safe right now!



The 3-3-3 exercise is an effective way to help you to feel more in control of the situation and being really present.

Simply identify objects in your immediate environment, e.g.

- name three items that you can see,
- three sounds that you can hear
and
- move or touch three body parts –
while taking deep breaths slowly
in and out.



Self-Massage

Self-massage can be very beneficial - and can give you both physical and mental benefits, so give it a try.

You might be able to help yourself, ease your pain and find relaxation.

For instructions please check out:

<https://www.healthline.com/health/self-massage>

Exercise

You might not feel like exercising, but movement can be helpful, strengthen the back and giving you pain relief.

Check out the [NHS recommended exercises](#) for back pain.

Alternatively, you might want to join a yoga or Pilates class.



Tried that all before ?

If you've tried that all before and are still waiting to see results ...

I encourage you to go one step further and tap into our body wisdom.

Are you ready to explore that?

Read on ...



Shaking it off!

If you want to pro-actively and effectively help yourself, check out TRE® (Tension Releasing Exercises).

TRE is a somatic modality to release stress and tension, by - literally - shaking it off.

Many clients I've worked with have successfully eliminated aches and pains caused by stress.

As up to 90% of illnesses are caused by stress,
a somatic modality can be so helpful to nip
many aches and pains in the bud.

Once learned, it's your tool to use and you can
pro-actively support your health and well-being
– without relying on anybody else “to fix” you
(which will save you money, too).

And as we are working with the body,
there's no need to discuss or analyse
any (past) situations.


Simply trust the wisdom of your body.

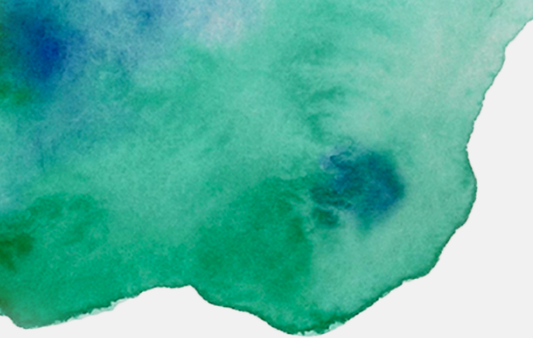




**Our bodies are amazing,
let them do the work.**

**Ready to discover TRE[®]'s
benefits for yourself?**





I am Sylvia Tillmann, a Certified TRE® Provider at Tremendous TRE (www.tremendousTRE.co.uk) and I can show you how to get rid of aches and pains.

By practising TRE® you can pro-actively heal any tension-related aches and pains.

Intrigued? Get in touch for a free fact-finding chat via my [website](#), send me an e-mail on SylviaTillmann@mail.uk or give me a buzz on 07904 427122.

You deserve to feel so much better!

