



Managing Chronic Pain

# JOSEPHINE BUSH



- Microsoft MVP
- DBA
- Author
- [sqlkitty.com](http://sqlkitty.com)





# AGENDA



- My Pain Journey
- What got you here won't get you there
- Specifics
- Pain vs Self Care

# SEEDS

Don't treat your body like it's a machine

Sleep	Eating	Exercise	Drinking water	Stress management
Adults generally need 7-9 hours per night	Eat regularly throughout the day with healthy foods	Try to get physical exercise daily	Minimum of 64 oz per day	Mindfulness like doing one thing at a time, taking breaks, resting



# MY PAIN JOURNEY

Terrible bout of vertigo that set  
me on the mind body path in  
earnest



A photograph of a dense forest with tall, dark trees. Sunlight is streaming through the canopy, creating a bright path of light that leads towards the center of the image. The overall mood is serene and hopeful.

## NEURAL PAIN PATHWAYS

The pain is real, but you aren't sick.



# YOGA FAVORITES



Yoga with Joelle



Yoga with Kassandra

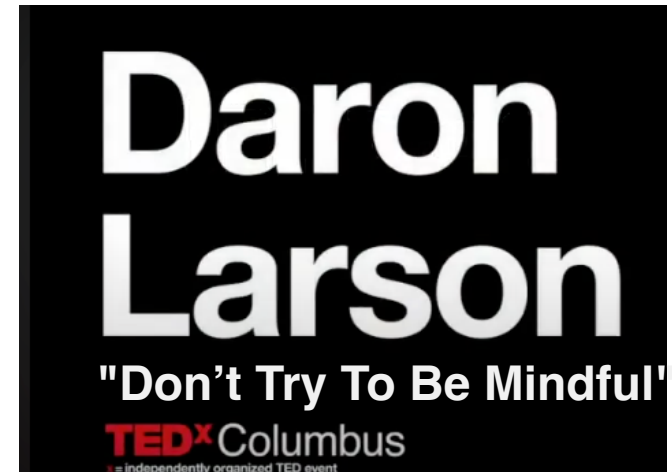


Bea Yoga & Wellbeing

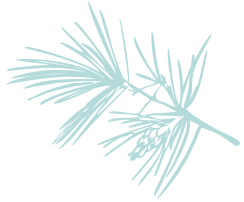


Yoga with Adriene

# MEDITATION/MINFULNESS

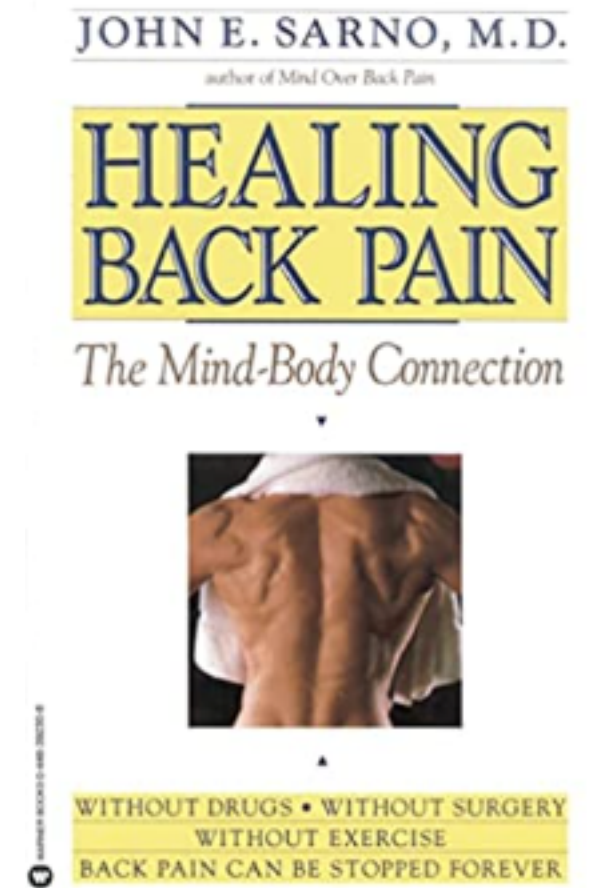
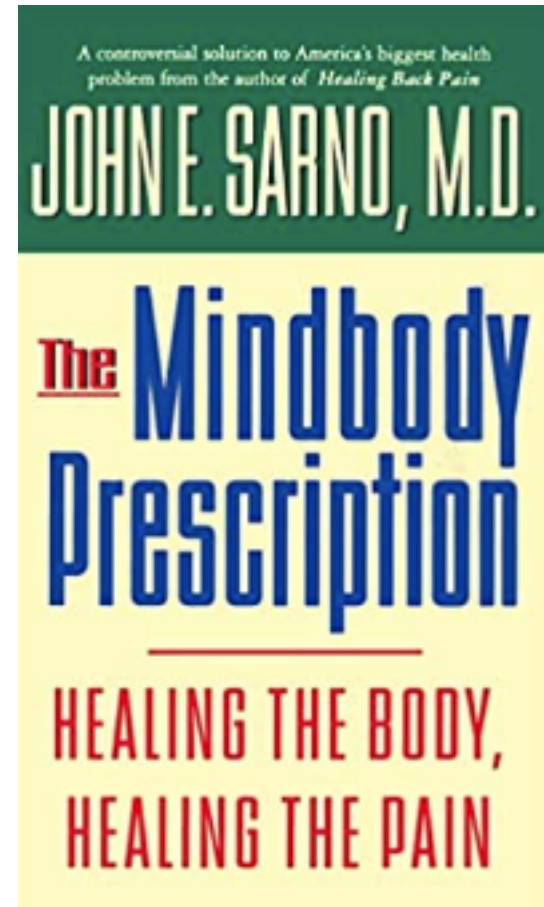






“There's nothing like a little physical pain to keep your mind off your emotional problems.”

John E. Sarno, M.D.

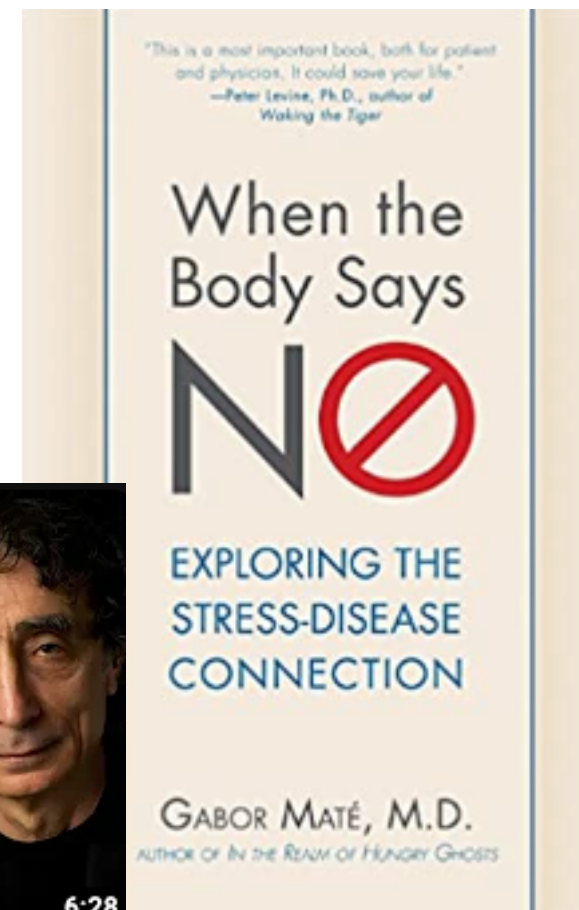


[Healing Back Pain Article](#)

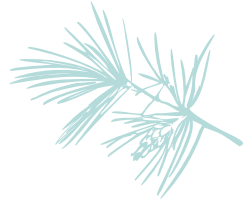


“Knowing oneself comes from attending with compassionate curiosity to what is happening within.”

Gabor Mate, M.D.

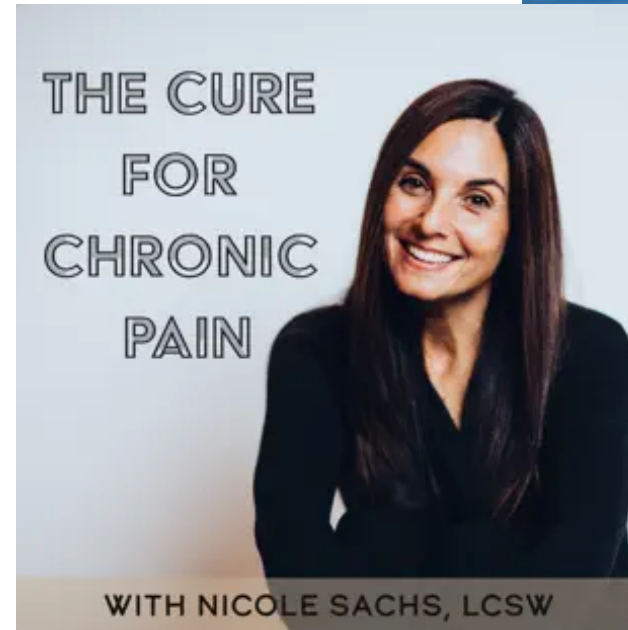






"Let go of the giving up.  
The life you save is your  
own."

Nicole Sachs

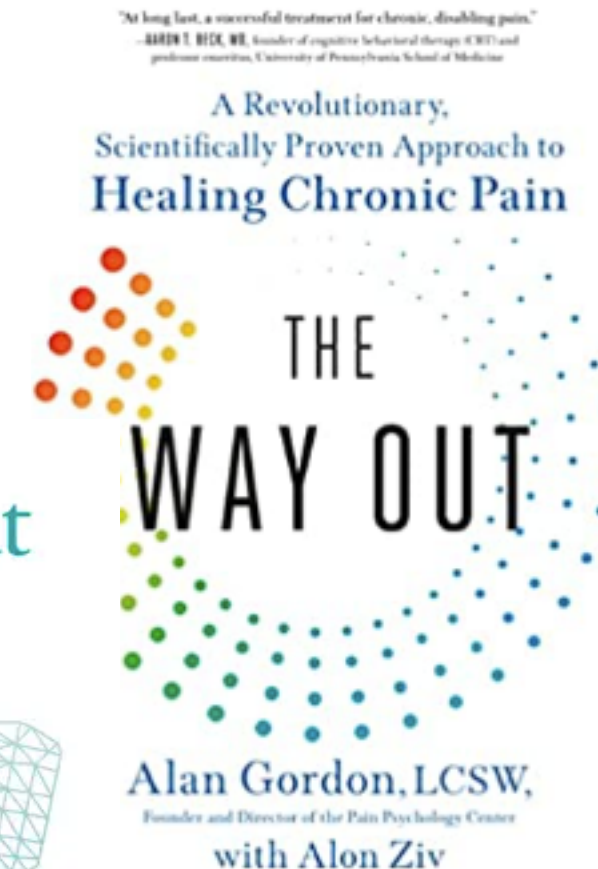




“Sometimes the ‘pain switch’ in our brains can get stuck in the on position and cause chronic pain.”

Alan Gordon

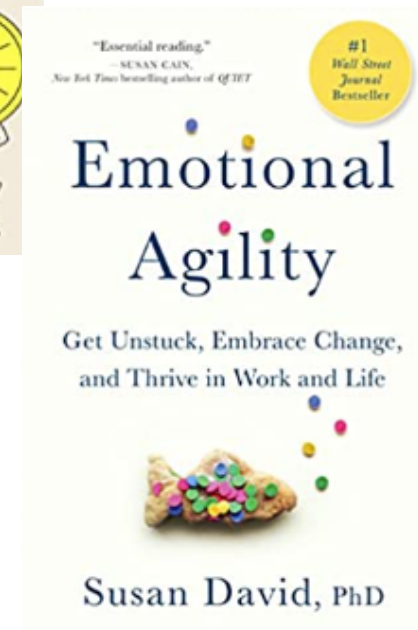
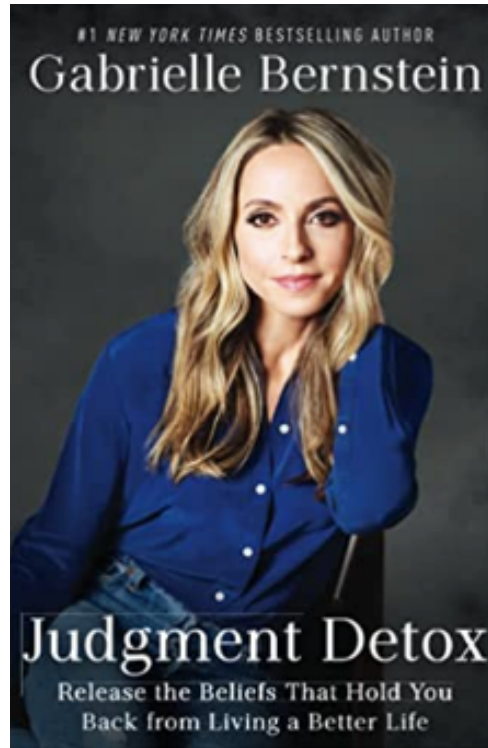
tell me about  
your pain





# AND BEYOND

Simply + fiercely



# HOW YOU GET THERE

## PAIN

- **P**ushing yourself and pleasing others
- **A**ngry and anxious
- **I**rritated and impatient
- **N**eglected and numb

V  
S

## SELF CARE

- **S**top
- **E**valuate
- **L**isten
- **F**eel
- **C**ompassion
- **A**uthentic
- **R**esilience
- **E**xpressive





# LAZY IS A FOUR-LETTER WORD

Lazy means gentle, slow, and relaxed. We need more LAZY and less PAIN.

[Being Labelled Lazy is a Compliment](#)



SLOW DOWN & BE YOUR OWN GURU

Hold space for healing



# THANK YOU

Josephine Bush

hellosqlkitty@gmail.com

sqlkitty.com

SCAN ME

