



PRIDE

PRIDE PATIENT RESOURCES WEBSITE

Some guided relaxation exercises and other resources are available through the PRIDE website:

<https://www.pridedallas.com/>

Scroll to the bottom of the page and click on “Patient Resources,” which will forward you to a separate “PRIDE Patient Resources” website where you can access the materials.

There are 4 different types of resources on the website: 1. educational handouts, 2. an auditory breathing pacer, 3. some guided relaxation exercises, 4. a stretch class.

A recording of the morning stretch class that you do in Phase 2 of the program is provided to help you keep up with stretches when you are away from treatment. It’s best to observe the stretch class live a few times before you listen to the audio version so that it’s clear how to do each stretch.

The breathing pacer has options of 4.5 up to 7.5 breaths per minute. Most people do best between 5.5 and 6.5 breaths per minute. Before you use the breathing pacer, it’s recommended that you and your therapist establish the best pace for you with the biofeedback computer. Make sure to listen to the instructions and read the educational handouts about heart rate variability (HRV).

With each relaxation exercise, a voice will guide you through a specific technique. A variety of techniques are available, so you can choose what you like. Relaxation techniques are skills that require learning and practice in order to be effective. The more you practice, the more success that you will have in reducing stress and controlling pain. It’s best to listen to a relaxation exercise every day until you get good at the skills. Then you

should be able to use what you've learned on your own, without having to listen to them. As your skill improves, you can use these tools to address pain flare-ups, to help reduce tension in your body, and to help get to sleep at night. Almost all patients who practice with guided relaxation exercises report success with relaxation and pain control.

To get the most benefit from the relaxation exercises, it is important to listen to them in a place where you won't be disturbed. It often works best to have your eyes closed. Turn off your phone and tell your family members that you need to be alone for little while to focus on your homework. You can tell your family that relaxation practice is part of your PRIDE treatment program. The exercises are relatively short – from as little as 5 minutes up to about 15 minutes. When you listen to the exercises, you will need to get into a comfortable position, but not so comfortable that you fall asleep. Try to keep your attention on the relaxation exercise. If you find that you are falling asleep too easily, then try sitting up in a chair with armrests. You can't learn anything if you're asleep! Of course, if it's bed time, then it's okay to fall asleep. However, instead of listening to a relaxation exercise when you get in bed, it may work better to just do it on your own (just remember and apply what you've practiced).

As long as you are attending to the road, it's okay to listen to the breathing pacer when you drive. **However, please do not listen to a guided relaxation exercise while you drive!** It might take your attention from the road.