

ANTECEDENTS

Feldenkrais Method works on the principal of resetting the nervous system

Gyrotonics is another favorite method for resetting

TRIGGERING EVENTS

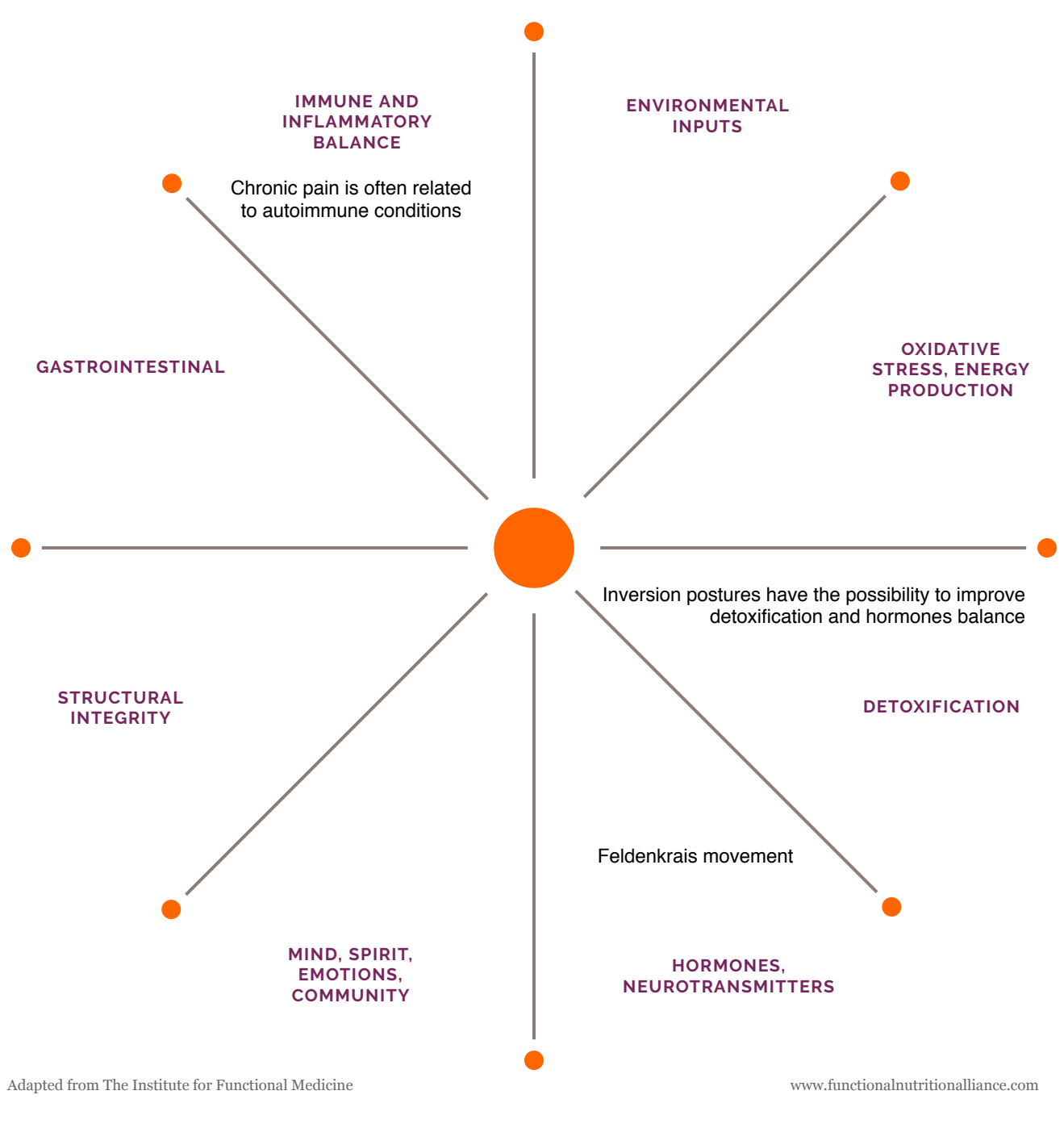
MEDIATORS

+ Movement therapy - helps with pain and resets the nervous system

+ Stretching and breath work are critical for managing autoimmunity and chronic pain

- Rigorous exercise is not the best or first plan one should go to.

Adapted from The Institute for Functional Medicine



SLEEP/RELAXATION

EXERCISE/MOVEMENT

+ Add movement therapy for chronic autoimmune disease or chronic pain

+ Breath work is very important.

NUTRITION/HYDRATION

STRESS/RESILIENCE

Resetting the nervous system through movement therapy helps to reset the relationship to pain

RELATIONSHIPS/NETWORKS

Finding someone to help design a personalized plan that meets individual needs is key