

What we Covered in the 4 Weeks

Week 1 – Understanding Pain & Building Safety

We explored modern pain science, including chronic pain, neuroplastic pain, neuroplasticity, and Pain Reprocessing Therapy (PRT). We introduced the Pain Evidence Journal and practised Longer, Smoother & Softer Breathing and the Body Scan with Safety Affirmations to help build feelings of safety and regulation.

Week 2 – Understanding Threat & Protection

We explored the threat-pain cycle, interoception, how emotions are felt in the body, and the many factors that can influence symptoms. We introduced Danger in Me (DIMs) and Safety in Me (SIMs), Progressive Muscle Relaxation, and our first somatic tracking practice: Leaning into Positive Sensations.

Week 3 – Reducing Fear & Building Confidence

We explored fear-avoidance, conditioned responses, predictive processing, and practical ways to regulate the nervous system. We continued developing somatic awareness through Leaning into Positive Sensations and Leaning into Positive and Painful Sensations.

Week 4 – Pain, Movement & Recovery

We explored common barriers to noticing pain sensations safely, pain and movement guidelines, setbacks, and extinction bursts. We practised Leaning into Pain and Discomfort and Leaning into Mild to Moderate Pain During Movement. We also explored the gift of imagination and how visualisation can be used when symptoms feel too intense to engage directly with movement.

Your notes (optional)

My top 2 safety messages:

1. _____ 2. _____

My early warning sign I need more SIMs:

My gentle plan this week:

Practice: _____ When: _____

What happens Next

1. Book Follow up

Book a follow up with Leanne:

<https://mobilates.as.me/freeconsult> to chat through what you want to try next and make a plan.

2. Become a Mob member

After 4 weeks of LAEP, you get 4 months of Mobilates access. Choose what you can afford, Subsidised (£10 to £30) or Standard (£35 to £59). Free option available.

3. Explore classes

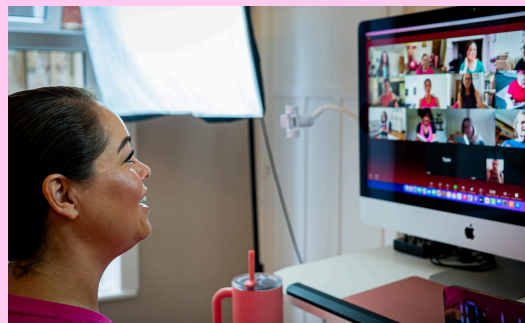
Explore the timetable:

www.mobilates.com/timetables-online

Use the class filter to find out more about the classes.

4. Further PRT

Caroline is offering a discounted rate of £30 if you would like continued support with your chronic pain recovery. Email info@movewiththeease.org.uk to book.



Questions or support

info@mobilates.com

Further info

www.mobilates.com/LAEP-2



mobilates

STRONGER THAN YESTERDAY



Pain Reprocessing Therapy (PRT)

Throughout this course, we have explored how pain is influenced by many factors, including injury, illness, stress, emotions, beliefs, behaviours, past experiences, environment, and the body's overall sense of safety (remember how Danger in Me (DIMs) can turn the pain volume up, while Safety in Me (SIMs) can help turn it down).

We have also explored how, for many people, neuroplastic processes exist alongside diagnosed health conditions, injuries, and structural changes. The encouraging news is that the brain and nervous system remain adaptable throughout our lives. Through neuroplasticity, the brain can develop new pathways that support greater feelings of safety and reduce the need for protection. By continuing to practise the tools explored during this course, you can help calm an overprotective nervous system, reduce sensitivity, and build greater confidence in your body.

A Helpful Reminder

As you continue your recovery journey, remember:

- Pain is a protective response.
- Persistent symptoms can reflect an overprotective nervous system.
- Many factors can influence pain and other symptoms.
- Recovery is supported by creating experiences of safety, confidence, and ease.

The Sweet Spot
Finding the balance
between challenge and
safety

When symptoms are mild to moderate

This is often a good opportunity to gently explore activities, situations, thoughts, emotions, movements, or environments that your nervous system has learned to associate with danger.

- **Stay curious** (approach the experience with openness rather than fear)
- **Keep it manageable** (the goal is confidence and safety, not pushing through)
- **Notice the evidence** (what signs suggest you are coping, adapting, or safe?)
- **Look for SIMs** (what increases your sense of safety, comfort, connection, confidence, or ease?)
- **Create corrective experiences** (discovering that something is safer than your brain predicted)
- **Stop if symptoms increase significantly or you feel overwhelmed**

Corrective experiences can happen through movement, emotions, social situations, environments, activities, or any situation your nervous system has learned to view as threatening.

When Symptoms Are High

(when your nervous system is feeling highly protective)

High pain, anxiety, fatigue, dizziness, tinnitus, overwhelm, or other symptoms are often a sign that the nervous system needs more support and regulation.

- **Reduce unnecessary demands** (physically, emotionally, mentally, or socially)
- **Increase SIMs** (seek out people, places, activities, thoughts, and experiences that help you feel safe and supported)
- **Use your calming tools** (breathing, PRT Somatic Tracking, relaxation, self-compassion, gentle movement, nature, rest, connection)
- **Send safety messages** ("This will pass." "I am safe." "My body is doing its best to protect me.")
- **Be kind to yourself** (recovery is not linear and difficult days are part of the process)
- **Save bigger challenges for another day**

When symptoms are high, the priority is not exposure or challenge. The priority is helping the nervous system settle before gently returning to activities when you are back in your sweet spot.

Recovery Practices

Continue to use these practices to help regulate your nervous system, increase feelings of safety, and support the development of new neural pathways.

Nervous System Regulation Practices

- Longer, Smoother & Softer Breathing
- Body Scan with Safety Affirmations
- Progressive Muscle Relaxation

Somatic Tracking Practices

- Leaning into Positive Sensations
- Leaning into Positive and Painful Sensations
- Leaning into Pain and Discomfort
- Leaning into Mild to Moderate Pain During Movement

The Gift of Imagination

- Visualisation and imaginal exposure (when symptoms are too high to move)

Your Guide

These practices have been introduced in a specific order, with each one building upon the last. **Take time to become familiar with the earlier practices before progressing to the more challenging ones.** Regular practice helps them become second nature and more readily available when you need them.

When symptoms are mild to moderate, you may choose to explore the later practices, approaching sensations, discomfort, or movement with curiosity and openness.

When symptoms are high, however, it is often more helpful to return to the earlier practices, such as Longer, Smoother & Softer Breathing, Body Scan with Safety Affirmations, or Progressive Muscle Relaxation. The priority at these times is helping your nervous system feel safe and settled rather than focusing directly on symptoms.

As symptoms begin to settle, you can gradually return to observing sensations with curiosity and continue building confidence at a pace that feels manageable for you.

During Movement

If pain or discomfort occurs during movement, begin by regulating your nervous system with **breathing** and, if helpful, **Progressive Muscle Relaxation**.

Once you feel more settled, gently return your attention to the movement and observe with curiosity rather than fear. Remind yourself that discomfort does not necessarily mean harm.

If symptoms become too intense or overwhelming, shift attention elsewhere, use a calming practice, and return to observation another time. **The goal is not to push through pain. The goal is to help your brain and nervous system learn that you are safe.**