



## TRUE REST

Another technique that can be very useful to help with pain and fatigue is “true rest”. This involves using pillows to place all of your joints in “mid-range” where they are in the least strained position. It can feel very relaxing and help you let go of all tension. As with other relaxation techniques, you need to have a comfortable and peaceful environment.

“True rest” also involves trying not to think about anything at all for a short time, because even using relaxation techniques can require some mental energy. Again, this can be very relaxing and can “re-charge your battery” giving you a boost of energy.

You may only need to use this technique for about 5 minutes, but you could use it more than once a day.

