

BRUXISM = TOOTH GRINDING – JAW PAIN - HEADACHES

Cognitive-Behavioral Self-Regulation (CBSR)

PUT SELF IN POSITIONS OF REST

- 1) Practice lips relaxed (usually apart), tongue relaxed, teeth slightly apart for 1 minute, 6 times a day.
- 2) You are learning the postural position of rest for the mandible. Do not stick your tongue between your teeth. That may induce fatigue.
- 3) Teeth should only touch during chewing and swallowing, about 3 minutes/day if you eat for an hour.

PRACTICE SLOW, DIAPHRAGMATIC BREATHING

- 1) Breathe slowly and regularly from your stomach. As you inhale, the stomach should move down and out. When you exhale, the stomach will move in as you *let* the air out slowly.
- 2) Slow down your breathing by counting to 3 as you take air in. Then, count to 6 as you let air out and pause before inhaling again. The pause helps carbon dioxide accumulate in the brain and blood. Proper carbon dioxide levels determine how much oxygen gets to the brain.
- 3) You are learning diaphragmatic breathing which restores normal blood chemistry and relaxes muscles.
- 4) If at any time you begin to feel lightheaded or dizzy, you are taking in too much air. Either return to your normal breathing pattern, or better, wait longer between breaths and do not breathe as deeply.
- 5) Remember, slow, regular breathing should be very relaxing. But it may take time to re-learn.

MONITOR HEAD POSITION TO AVOID TILTING

- 1) Find a comfortable seat, relax shoulders (slightly sloped but even), place hands in the open position on thighs without crossing legs, and keep head straight up. Eyes should be closed if it feels comfortable.
- 2) While practicing lips relaxed, tongue relaxed and teeth slightly apart, exhale and pause while slowly bending head forward without causing pain.
- 3) Then inhale, taking air into your stomach as you slowly bring your head upright. Pause 1 second before exhaling and bending the head forward again. Do #'s 2) and 3) 6 times per minute.
- 4) Do not bend head sideways or bend so far forward that pain is caused. Think, head is supposed to be upright on even, relaxed shoulders and when I move it, I use both sides of my neck equally.
- 5) You are learning the neutral head position that prevents gravity from fatiguing neck muscles.

EASE UPPER BACK TIGHTNESS: STRAIGHTEN ROUNDED SHOULDERS

- 1) Raise hands up as if conducting a choir. Move hands and shoulders backwards and forwards without causing pain.
- 2) Repeat motion slowly 6 times in 30 seconds.
- 3) You are learning neutral shoulder position and improving blood supply to the area.

TAKE BRIEF RELAXATION BREAKS

- 1) Start with 5 minutes at a time and gradually increase relaxation time by 1 minute each session up to 20 to 25 minutes.
- 2) Take at least 2 relaxation breaks each day during your training.
- 3) You are learning to take periods of rest where mind allows the body to rest.

BEGIN SLEEP IN RELAXED POSITION

- 1) Lay on your back and practice slow breathing for 5 minutes while keeping lips and teeth slightly apart.
- 2) Then say aloud 6 or 7 times "I will not clench or grind my teeth" while picturing yourself sleeping with your mouth relaxed.
- 3) Start off sleeping on your back. Don't worry if you move.

Practice I, III, and IV for 2 and 1/2 minutes, 6 times a day.

Practice II and V anytime.

Practice VI. in bed before sleep.

These exercises work best when you eat the right foods, drink plenty of fluids and exercise (without pain) regularly.

AVOID REPETITIVE ACTIVITIES THAT INCREASE PAIN.

REMEMBER ... BE PATIENT

CBSR HOME EXERCISES TAKE TIME TO REVERSE UNHEALTHY HABITS