

Sedona - West Fork Trail, Arizona

A Season in Transition

Hello,

September marks the quiet transition between summer’s peak and fall’s arrival. The days are still warm, but subtle shifts such as cooler mornings, earlier sunsets, and a slower rhythm invite us to reset, recharge, and ease into new routines while holding onto the best parts of the season.

It is also Pain Awareness Month, a time to recognize the millions of people living with chronic pain and to encourage compassion, understanding, and support. Whether physical or emotional, pain is often invisible. This month reminds us to listen more closely, care more deeply, and advocate for those who are affected.

Our team at Resilient is committed to being a source of relief, renewal, and hope for those living with chronic pain. As the season invites us to slow down, it also calls us to extend kindness to all, both seen and unseen.

Warmest wishes,
The Resilient Team

ARTICLES OF THE MONTH

Pain is a Messenger, Not the Problem!

At Resilient Align Pain Solutions, we often remind our clients:

“The site of your pain is rarely the source of your problem.”



Pain is your body’s way of getting your attention—a signal, not a diagnosis. Like a warning light on your dashboard, pain tells you something is off, but it doesn’t always tell you where or why. At Resilient, our job is to trace your pain problem to its root cause. That often means looking far from where the discomfort shows up in your body. [Read More](#)

How to Support a Loved One Living with Chronic Pain



For millions of people, living with chronic pain can significantly affect daily activities, relationships, work, and well-being. Chronic pain typically is categorized based on the duration of pain experienced. The pain or discomfort people feel while recovering from an injury or illness is considered acute or subacute. Pain lasting beyond usual recovery from a trauma-related event or surgery, typically 12 weeks, is considered chronic. Pain can transition from acute to chronic, depending on a person's recovery process. [Read More](#)

EXERCISE OF THE MONTH

Knee Pillow Squeezes - Sitting

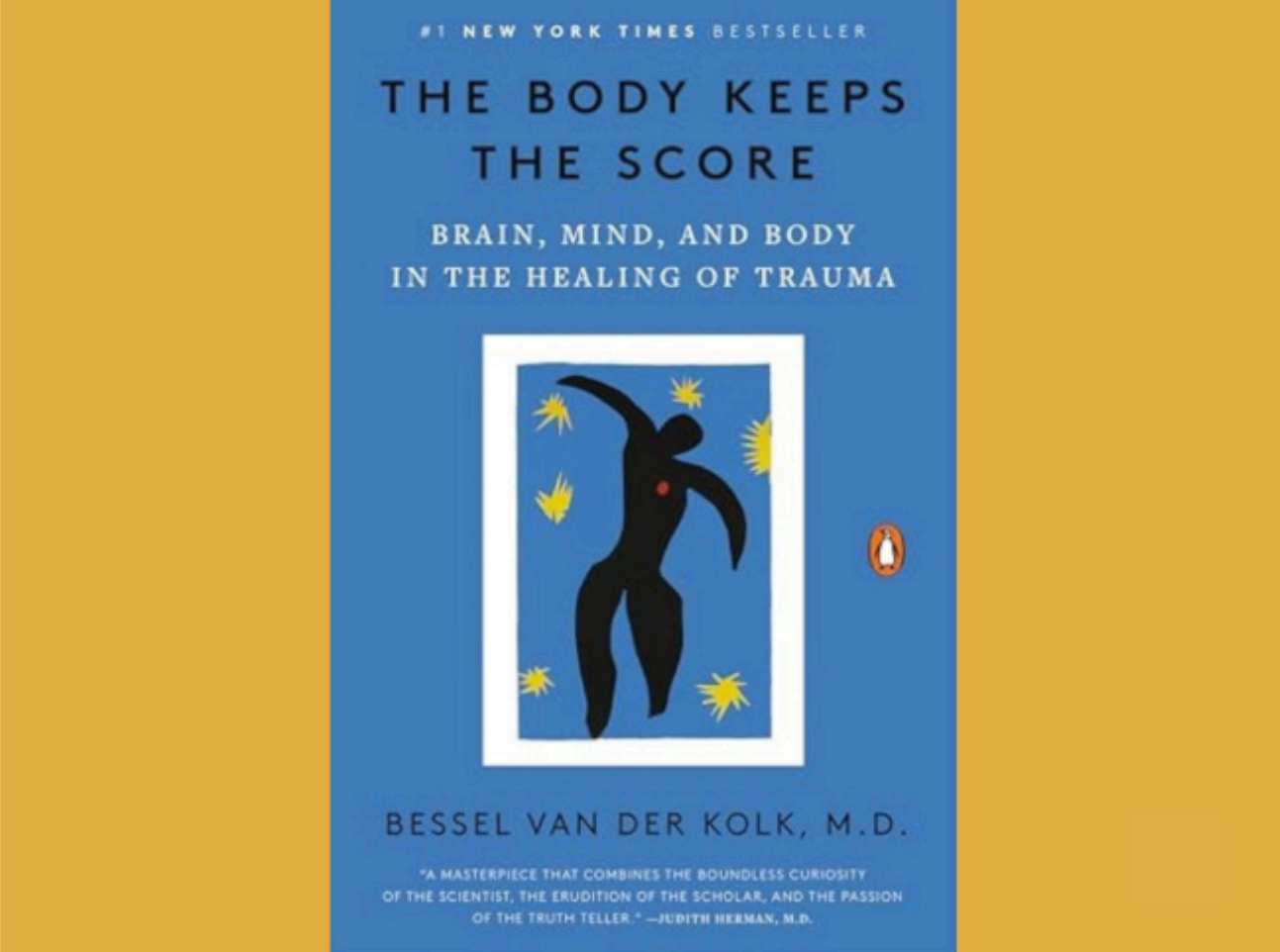


Description:

- Sit on middle of chair (do not use back rest) with ankles directly under knees, feet pointed straight ahead and knees hipwidth apart
- Roll hips forward to place and arch in your back
- Do not lean upper torso forward or backward
- Squeeze and release 6" block between knees
- Feel in hips and inner thighs
- Relax in between sets, then get in proper position again
- Perform 3 sets of 20 repetitions

JOHN'S BOOKSHELF

The Body Keeps the Score



The Body Keeps the Score by Bessel Van Der Kolk explores how trauma impacts both the mind and body, often leaving lasting effects on brain function, emotions, and physical health. The book explains that healing from trauma requires more than talk therapy, highlighting the importance of body-based approaches like yoga, EMDR, and neurofeedback to help individuals reconnect with themselves and process pain. Through science and patient stories, it shows that recovery is possible with the right tools.

BILLIE'S RECIPE OF THE MONTH

Mediterranean Chicken Salad



Ingredients for the chicken and dressing:

- ¼ cup plus 3 tablespoons olive oil divided
- 1 garlic clove minced
- 1 tablespoon plus two teaspoons red wine vinegar divided
- 1 tablespoon plus 1 teaspoons oregano divided
- 1 teaspoon dried dill
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 pound boneless skinless chicken breast
- ½ small shallot minced
- 2 teaspoons Dijon mustard
- 1 lemon zested and juiced

Ingredients to assemble:

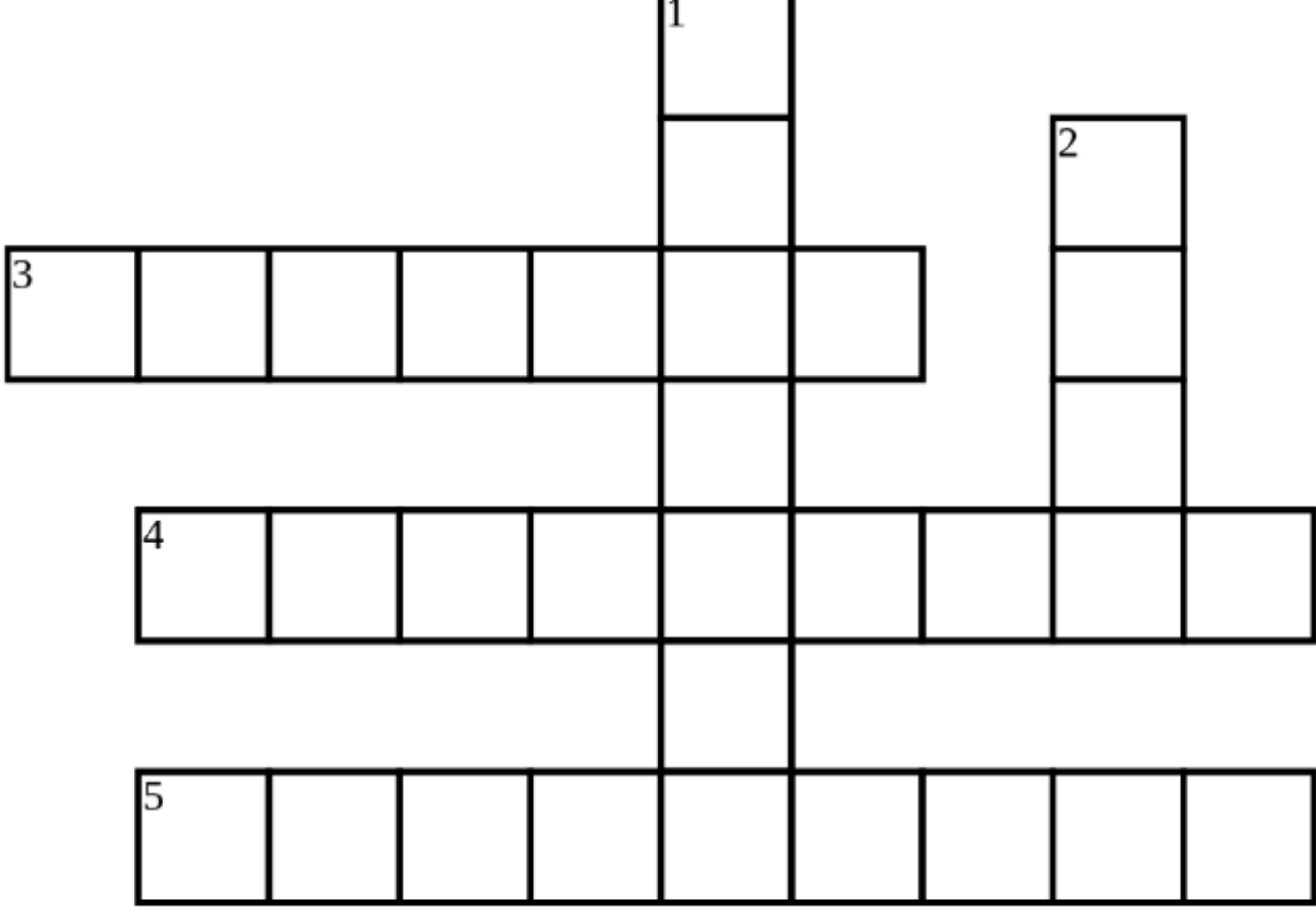
- 3-4 cups Romaine lettuce chopped
- ½ cup crumbled feta cheese
- 3-4 Persian cucumbers diced
- 2 ripe plum tomatoes seeded and diced
- ½ red onion thinly sliced
- ¼ cup pitted kalamata olives sliced
- 2 tablespoons chopped fresh dill

Instructions:

1. Make the chicken marinade. In a medium bowl, mix ¼ cup olive oil, garlic, 1 tablespoon red wine vinegar, 1 tablespoon dried oregano, dill, salt and black pepper. Add chicken and toss to coat. Let sit for 15 minutes or up to 4 hours.
2. Meanwhile, make the salad dressing. Mix shallot, Dijon, remaining 2 teaspoons red wine vinegar, remaining 1 teaspoon dried oregano, lemon zest, and lemon juice. Stream in remaining 3 tablespoons olive oil while whisking until emulsified.
3. Preheat a grill or grill pan to medium high heat. Remove chicken from marinade, letting excess drip off. Cook chicken until lightly charred and the thickest part reaches 165°F internal temperature, 5-6 minutes per side. Remove from heat and let rest for 5 minutes before slicing.
4. Place chicken over greens with feta, cucumber, tomatoes, red onion, olives and dill. Toss with dressing and serve immediately.

RESILIENT PUZZLES

WORD SCRAMBLE



CERUSO _____

CNRCHOI _____

LNNATEGMI _____

OORT _____

APIN _____

Down:
1. Opposite of acute
2. A common symptom signaling something is wrong in the body

Across:
3. Good _____ can reduce strain and prevent injury
4. Foundation of healthy posture and pain-free movement
5. This poor habit often leads to discomfort

ANSWERS: Down 1. CHRONIC 2. PAIN Across: 3. POSTURE 4. ALIGNMENT 5. SLOUCHING

Hearing from our clients truly means the world to us. We’d be so grateful if you’d take a moment to share a quick Google review. Your story could help others who are looking for the same kind of care and support.

