**My Wobble Cushion and I**

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So…

I have a condition called chronic migraine,

It can sometimes feel like somebody’s trying to crush my brain,

Tension builds across my shoulders and up my back,

And my evenings are spent popping pills from a blister pack.

A chronic pain condition makes working from home a nightmare,

Eight hours a day spent bent over in a dining room chair,

But please fear not…

I have found something that could help quite a lot!

A little wobble here, a little wobble there,

A little wobble cushion situated on my chair.

It is blue, it is round,

It bounces off the ground,

And in the main,

It helps with my pain!

My spine is realigned,

My posture is in mind.

And my balance, I begin to find.

Get on the internet and grab a wobble cushion!

But don’t forget to stand every 45 minutes to give your legs a flushing!