

# Welcome

## SHaRE & REPaIR

## Virtual Programme



# Recap Welcome session

## Group values:

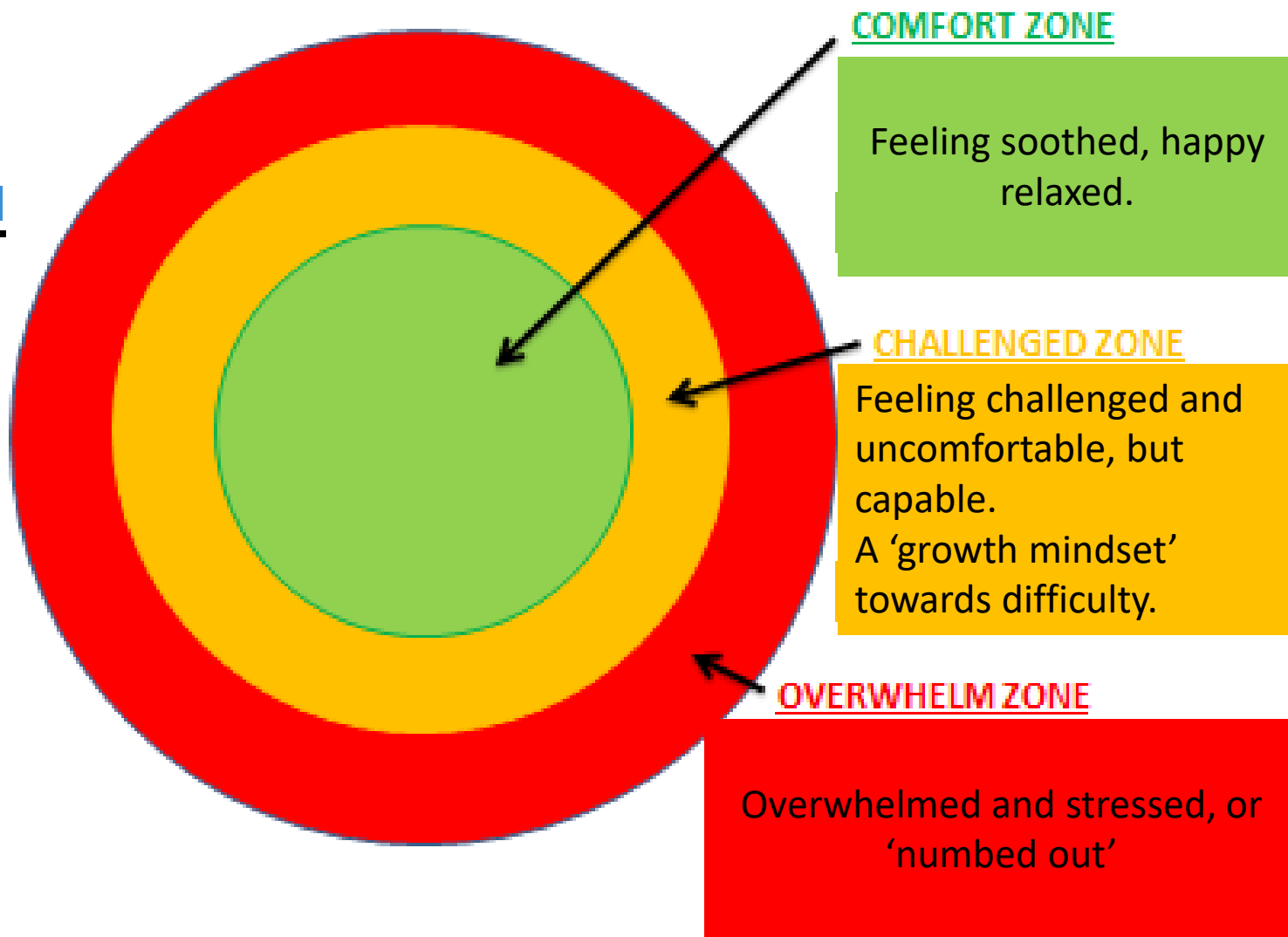
- Time keeping
- Turn taking
- Confidentiality
- Keeping safe
- Non-judgmental
- Openness to new ideas, and active engagement
- IT 'fails' procedure

What do you want to achieve, keep this in mind.



# Measuring our state.

Where  
are you  
now?



**Sharing** experience of living with  
FM, what are the signs and  
symptoms?

**Re-examining** Turning towards what  
is with curiosity; helping make  
sense of the experience?



## Understanding the enigma...

### Questions to consider:

- 1) Why do people develop FM in different ways?
- 2) Why do FM symptoms vary from person to person?
- 3) Why can FM symptoms vary from day to day?
- 4) Why do different treatments work differently for the one condition?



# Task

Headache/migraine

Word finding problems

Memory problems/fog

Sleep disturbance /OSA

Hypersensitive eyes, ears

TMJ problems

Palpitations/POTS

Muscle pain

Irritable digestion

Joint pains

Irritable bladder

**BODY WIDE PAIN**

Irritable bowel

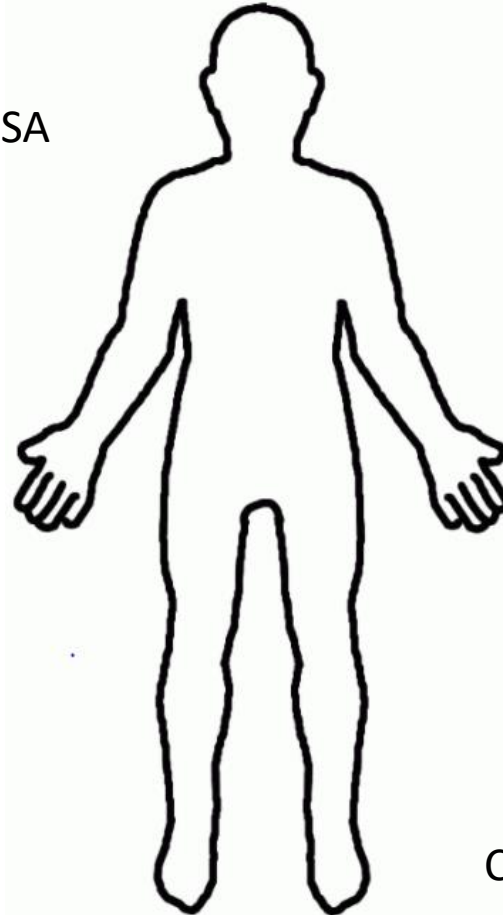
Sensitive skin

Hormonal disturbance

fatigue

Poor immune system

Cold/numb hands/feet



**BODY WIDE DISTRESS & DYSFUNCTION**

For your own print out please  
see email inbox.



# What do you hear said?

Nobody  
knows what it  
really is, or what  
causes it.

They have  
found the  
cause is.....

Some people,  
including some  
healthcare providers  
don't believe it exists.



# What is known...

FM is REAL!!

Observable findings have been identified

Multiple bodily systems can be affected

Individuals will present differently.



- 1) What are those findings?
- 2) Do they share anything in common? **- All centrally controlled by 'ANS' – automatic pilot**
- 3) Is there another way of describing FM so people will get it?  
**- Models: Three P's, CAT model, 'STOP' program**

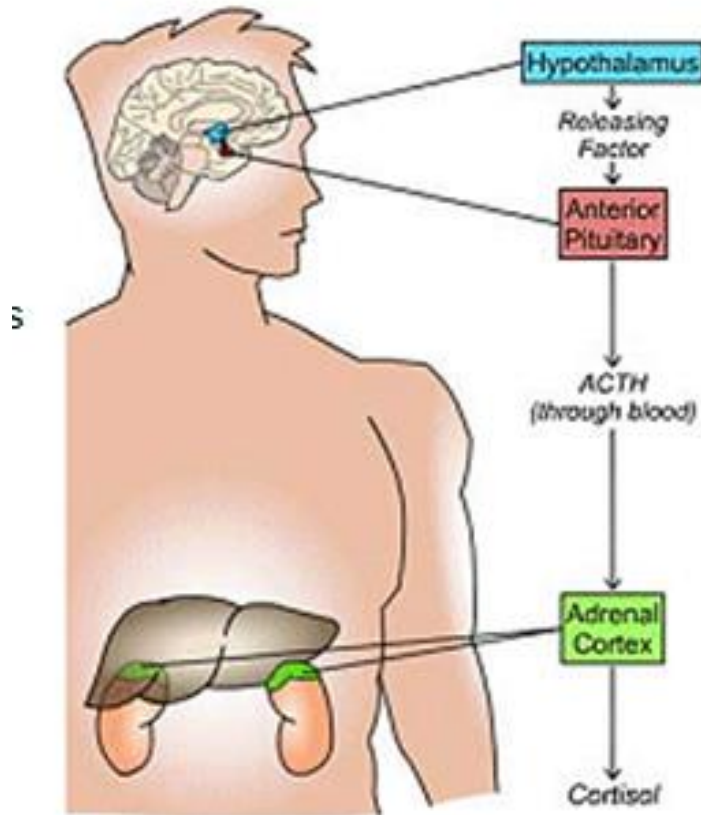




# Eg's of biological change..

- Energy system
  - Mitochondria cannot fulfil their role = fatigue.
  - Redistribution of energy resources for the body, prioritising and cost cutting.
  - As less sugar is burned = weight gain.
- musculoskeletal system
  - muscles try to access energy from glucose stores, creating *lactic acid* as waste product = sore muscles.
  - Trigger points – ‘over worked and underpaid’ (lack oxygen) muscles develop tension.
- Cognitive system
  - Connectivity in brain differs – strong connections made between emotional centres and those controlling automatic functions
  - True brain rest is not achieved overnight with lack of deep delta wave sleep.
- Nervous system
  - Substance P; a neurotransmitter released when there is perception of harm, it is found in greater amounts in brain and CNS.
  - Measures of the balancing act within the ANS are seen to be dysfunctional
- Cardiovascular system
  - POTS; poor regulation of blood pressure
- Immune system
  - Increased pro-inflammatory cytokines
- Endocrine system
  - Changes in circulating hormones found e.g. low levels of dopamine and serotonin (pain inhibitors) and poorly managed levels of cortisol (stress hormone).

# It seems too complex?



‘STOP programme’:

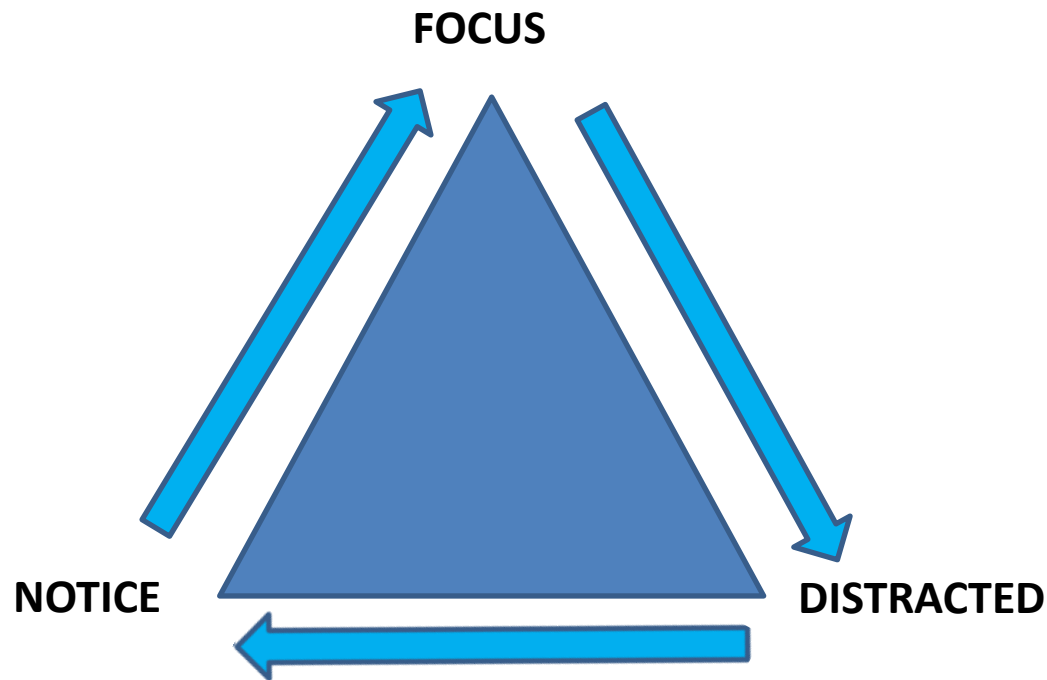
<http://www.bodyreprogramming.org/HylandModel.aspx> (link in chat box)

❖ What does this mean to you?



# Intro to mindfulness

- The 'Mindfulness triangle'  
<https://tinyurl.com/2vbdb7n9>



# Experiential practise...

## Paying attention

- 'PVT' getting a feel for accelerator and brake - exercise.
- Body awareness, Shibashi Tai chi – sung posture, breath, waterfall, opening chest.
- Holding versus releasing: static gluts, open/close palm (squeeze/release).
- Singing bowl: noticing quality of sound, noticing bodily effects, noticing mental effects



# Weekly practice...

## Weekly task;

- Re-examine Your symptoms and what they might mean to you, fill in a symptoms chart for yourself, look for any patterns.
- Read chapter one worksheet – Tai chi – Shibashi.
- Visit DPMS website [www.dorsetpain.org.uk](http://www.dorsetpain.org.uk) , watch Tai chi video ([tinyurl.com/12xgjm56](http://tinyurl.com/12xgjm56))  
at least once, join in with the moves you feel happy with.
- Daily suggestion:
  - Repeat one of today's Paying Attention exercises each day.
  - Use your Bullseye image to examine where you are and look for opportunities to move if necessary.



# Closing -How are you?

Where  
are you  
now?

