

# Chapter 2

SHaRE & REPaIR

Virtual Programme



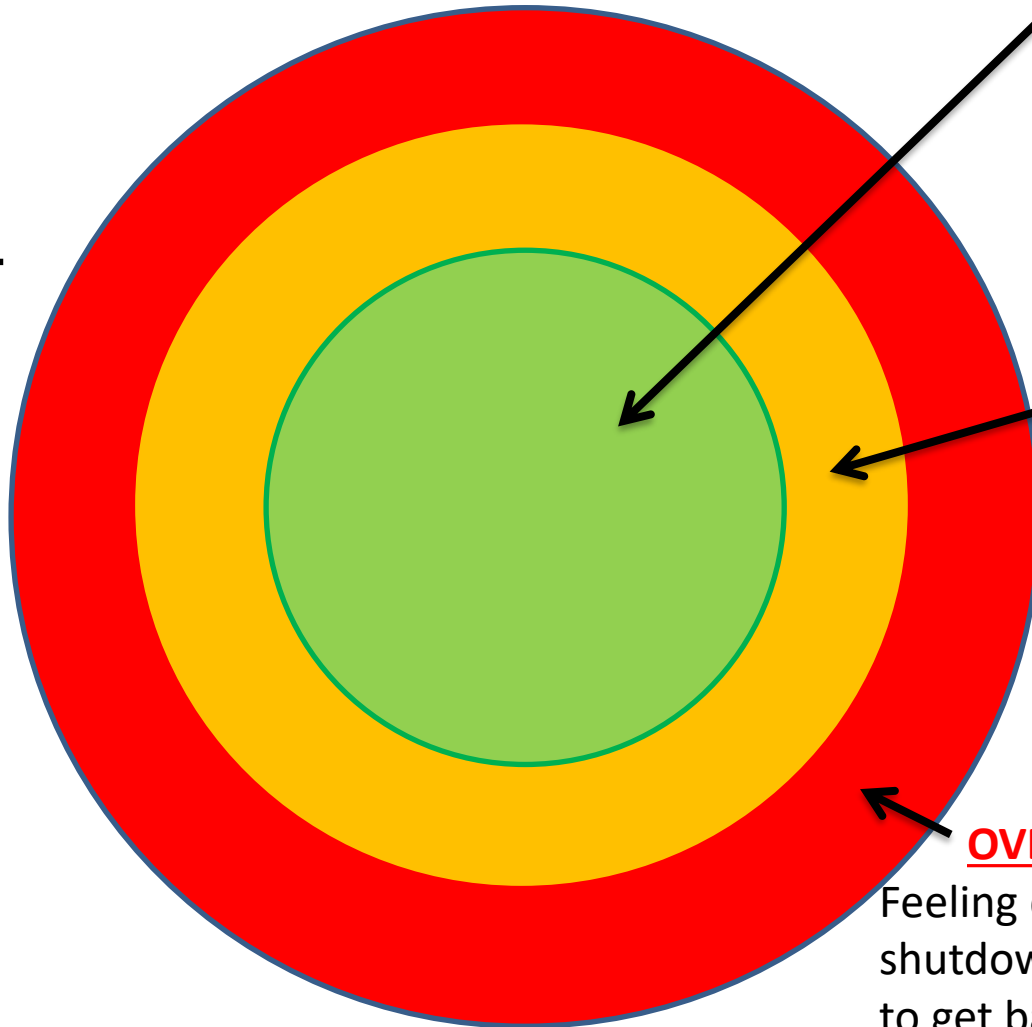
# And coming up...

- How are you?
- Review of the past week, what did you try, how would you rate it's effect: 0-10.



# How are you?

Where  
are you  
now?



## COMFORT ZONE

Feeling relaxed and soothed. Doing happy and enjoyable activities

## CHALLENGED ZONE

Feeling uncomfortable, cognitive dissonance. Doing new, challenging activities.

## OVERWHELM ZONE

Feeling distressed emotional/mental shutdown. Need to ask for support to get back to Green.

## Week 2.

Deepening our understanding of FM,  
and the role of modern medicine

Paying attention – developing an  
‘observer self’.



# Review of science?

- Summarise points:
- **FM is real**
- Diagnosis is reliable when guidelines are used.
- Functional disturbance in coordinating the multiple systems involved in detecting threat, and managing self preservation.



# Complex systems

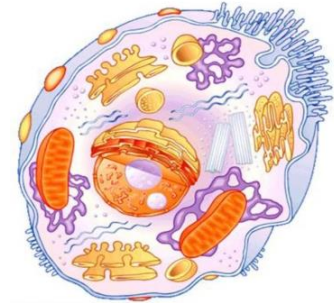
Qu: How are the following alike?



The Earth



A human cell



A: They are both complex systems; they are made of many parts, but the whole is greater than the sum of those parts.

- Resources need to be managed,
- energy needs to be manufactured & used,
- waste needs disposing of,
- collaboration works better than competition,
- life and death occur as a normal rhythm,
- All these things and more need to be kept in balance in order to ensure survival which is the most important goal.



# What does the system have to manage to fulfil it's role?



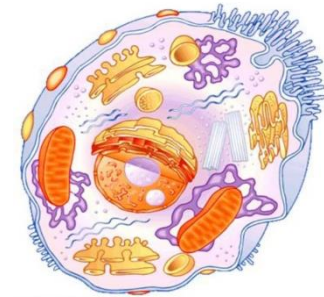
Climate  
Politics  
Health  
education



Health  
Education  
Trade  
Utilities



Engaging with others  
Food  
Work  
fun



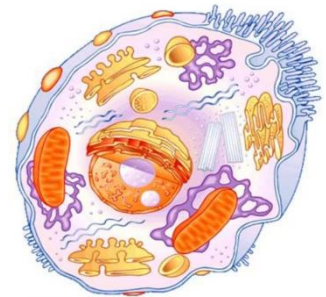
Sustain life





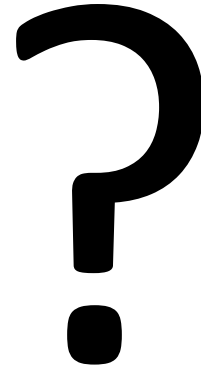
# What is more important, and how is it achieved?

DETECT THREAT & DEFEND





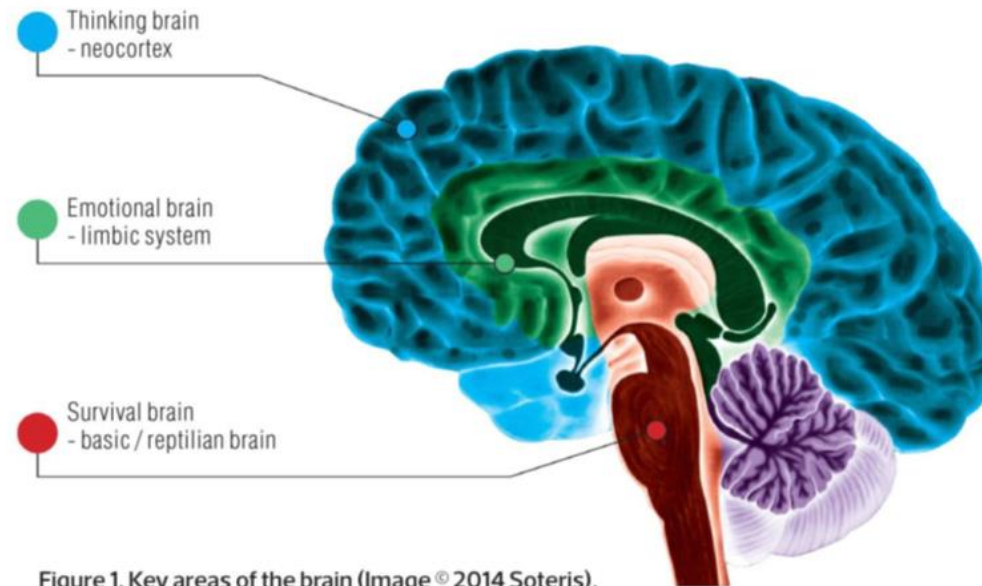
# Discussion points



# Turning biography into biology; How is the brain involved?

“Velcro for the bad, and teflon  
for the good” (R Hanson).

- The negative bias of the brain for survival.
- What does this mean for pain conditions?
- The “sensitive” nervous system and ways to “turn the volume down on pain”.



# Discussion points



# What can medicine offer?

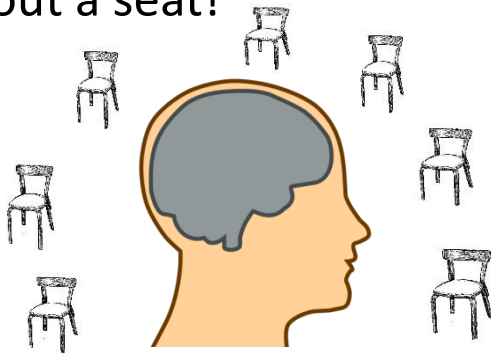
- Examining our perspectives on medicines. Putting medicines into context, 'another tool in the toolkit'.
- Broadening knowledge, empowering us to make good choices.
- Q&A



# Experiential practise...

## Paying attention

Miller (1984) found that we can hold 7 (+/-2) pieces of information in our brain at any one time. When we are thinking about turning our attention away from pain, this is a bit like musical chairs. We want to fill up the 7 'seats' in our brain with other things, so that pain is left running around without a seat!



What are 7 positive things which can fill your 'seats'?!

- *Practice; 'Butterfly hug'*



# Weekly practice...

## Weekly task;

- Read & complete chapter 2 worksheet.
- Visit DPMS website, watch Tai chi video at least once, join in with moves you feel happy with.
- Repeat one of our paying attention exercises each day. Notice that you are choosing to pay attention, observe that you are not the thing that you are observing!

**Become 'Velcro' for the good.**

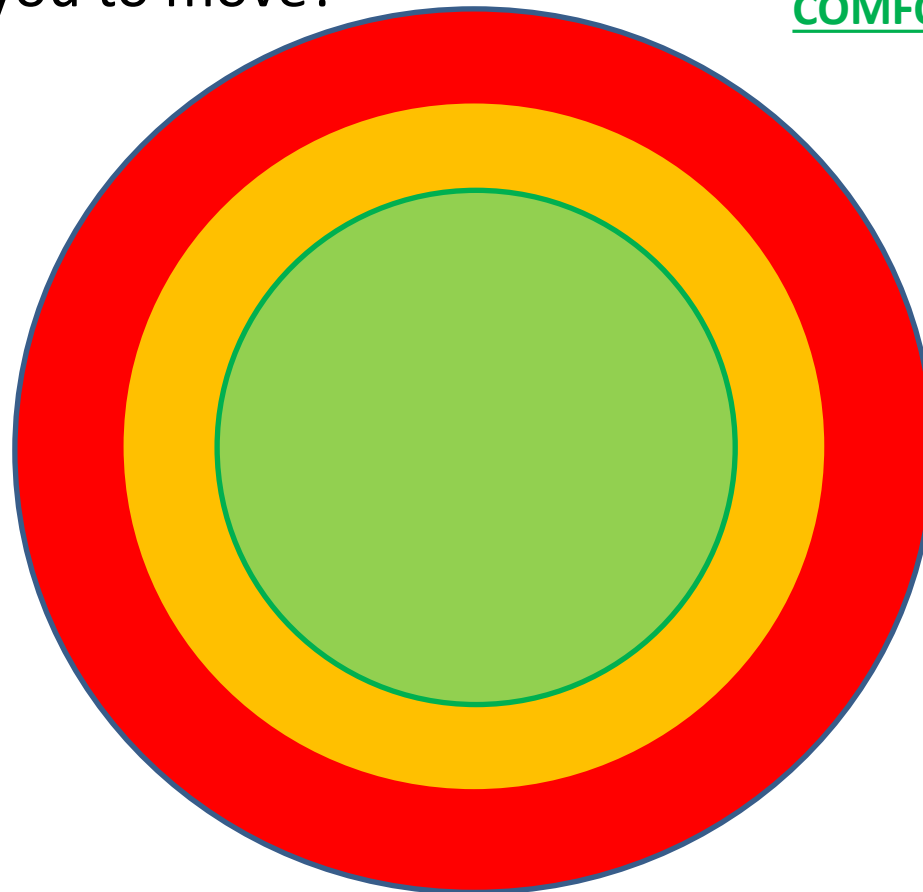




# Closing...

- Final closing comments?
- Where are you now, and what has helped you to move?

COMFORT ZONE



CHALLENGED ZONE

OVERWHELM ZONE

