

Chapter 3

SHaRE & REPaIR

Virtual Programme



REPaIR - Repair Emotional & Physical
wellbeing And Increase Resilience

‘Befriending’ the body

Offering ourselves health *CARE*, with
acceptance and compassion.

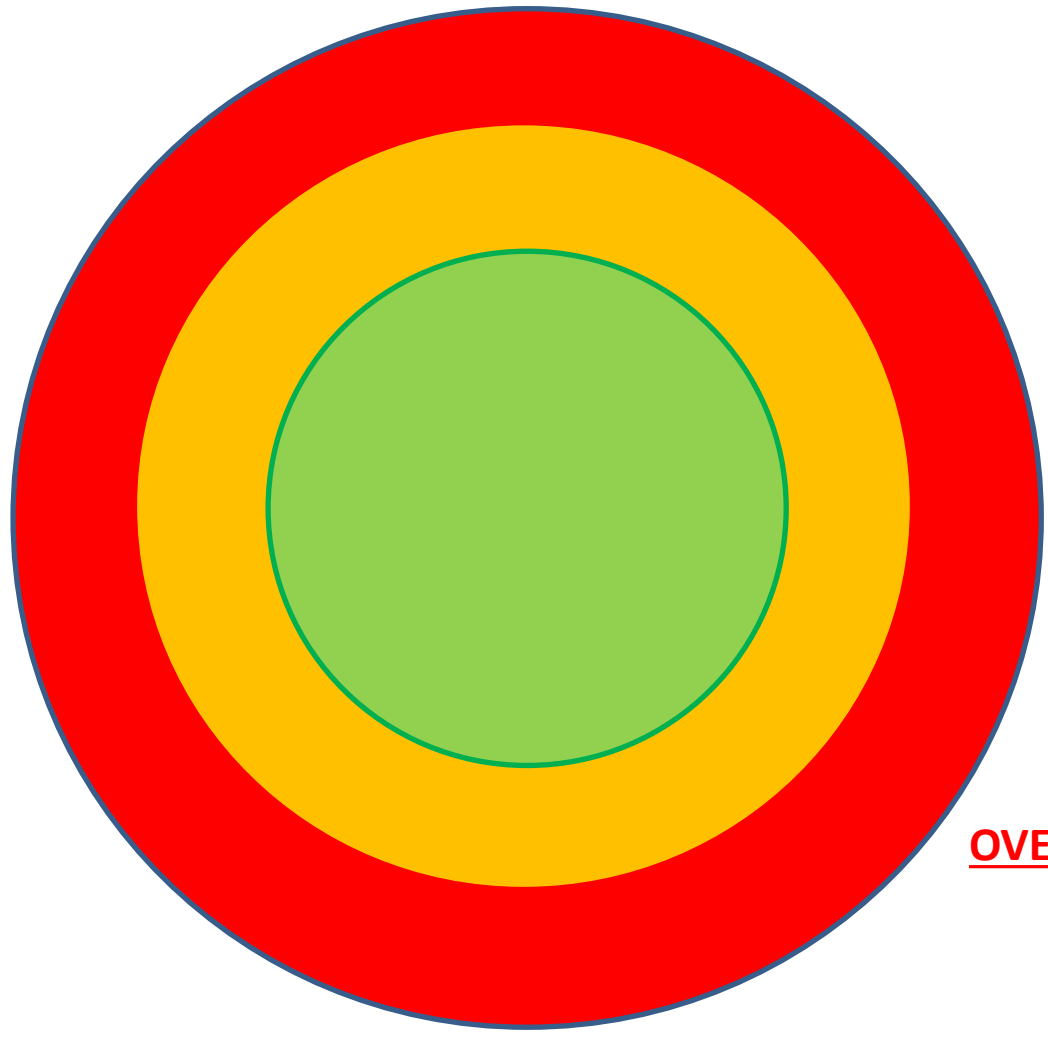


And coming up...

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



How are you?

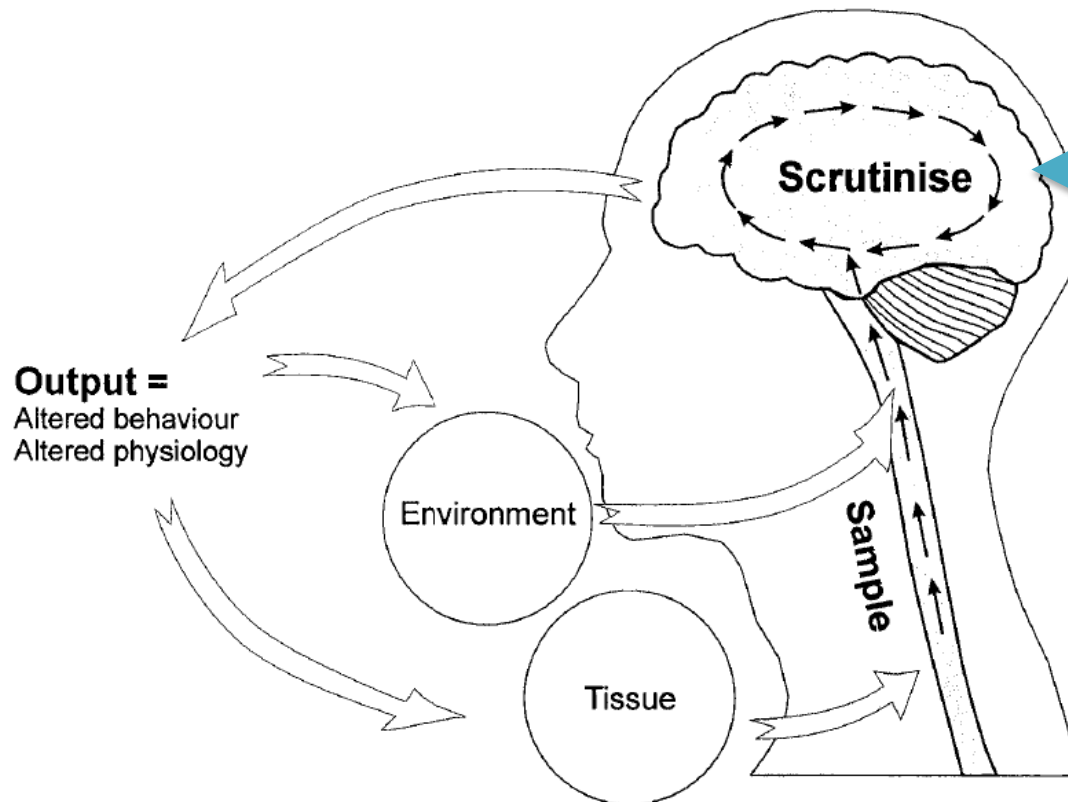


COMFORT ZONE

CHALLENGED ZONE

OVERWHELM ZONE

Chapter 3 – Recap on how pain is generated in the body



Both conscious and unconscious interpretations of the signals we receive

Chapter 3 - The Body!

- How do we take responsibility for the body?
 - How do we feel about the body (friend or foe)?
 - What does good ownership look like?
 - Making running repairs to the ‘hardware’.
- Listening to the body ~ ‘Feel it, to heal it’ – pain/STOP signals as a messages which need to be heard, understood and responded to.



The Body's role!



Fit for purpose:
Exercise/
Movement

Fuelled up:
Fed & watered

Good ownership
Running repairs

Responsible use:
Appreciate it's
value & Notice &
address issues

Owner's manual:
Understand
potential & limits



Exercise & movement

- Do we see physical action e.g. movement and exercise as friend or foe?
 - How would it be if we made friends with our body?
 - How would it be if we considered movement & exercise as a pleasure, not as a chore/punishment?

Physical actions	friend	foe	In receipt?
Breathing; deep and efficient			
Posture; adapt with ease			
Mobilising; free and easy and regular			
Strengthening; optimal and maintained			
Resting/sleeping; restorative			



Making better friends with movement.

Exercise to
improve
flexibility &
function.

Exercise to
build strength,
stability

Exercise to
increase
resilience

Exercise to
improve body
awareness &
co-ordination



Exercise to build
trust in ourselves.
'Responsible
ownership'

Exercise to
nourish
organs of
the body

Exercise to
experience
pleasure

Exercise to
manage
mood.

Exercise to
reduce pain



Making movement a friend to us.



- Flexibility & function...**HOW?**
- Strength & stability...**HOW?**
- Awareness & co-ordination...**HOW?**
- Resilience & general health...**HOW?**
- Nourish and bathe organs & tissues...**HOW?**
- Manage mood...**HOW?**
- Experience pleasure & fun...**HOW?**
- Learn to trust myself...**HOW?**
- Show compassion and care for my body...**HOW?**
- **Reduce pain...HOW?**



Making friends with our Breath.

- What do we think of ‘Breath’?
- Do we use it wisely – what does that mean?
- What does it do for us? PNS, oxygenation
- How to do it...
 - Numerous techniques with different effects.
 - Basics: good posture to enhance expansion, in through nose, expand belly and ribs, let go for gentle exhalation.



The Body – Working with...not against Goldilocks principle



Photo Credit: CinemaBlend

Correct pacing is key, not too much, and not too little

The Body - fuel!



<https://www.nhs.uk/live-well/eat-well/>
<https://tinyurl.com/v79rs2ye>



The Body - Listening to 'triggers' and 'glimmers'.

- Paying attention to the body gives us an insight into our bodily intelligence. What is the body telling us when we move?
 - Is the body expecting the worst?
 - Are we comparing ourselves to others, or to unrealistic expectations?
 - Can we introduce playful, novel approaches to moving without painful predictions?
 - Can we re/introduce pleasure to the body?



Experiential practise...

Befriending your self through the body

- 4 elements practice.
- Increased body awareness during Shibashi Tai chi
 - breath
 - Waterfall
 - Open chest
 - Painting a rainbow
 - Separating the clouds
 - Repulse the monkey
 - Rowing a boat
- Relaxation – Befriending the body

AIR

FIRE/LIGHT



EARTH

WATER



In summary...

3 Principles

Do things that **DO NOT** create stop signals.
You need to be able to teach your body that
your behaviour does not create stop signals

Teach your body that the world is a good and
safe place

- Support your body's software by improving
the health of your body – hardware

Weekly practice...

Weekly task;

- Read and complete this chapter's worksheets. Consider whether your how you relate to your body, as 'friend or foe'. Use the activity diary to begin looking at how to measure your 'Goldilocks principle'.
- Visit DPMS website www.dorsetpain.org.uk , watch Tai chi video (tinyurl.com/12xgjm56) aim to explore some new movements, whilst keeping within your comfort zone.
- For an alternative version of our shibashi moves try;
<https://www.youtube.com/watch?v=SPCQs21SFXA>
- Daily suggestion:
 - Take a friendly attitude to assessing your state, using the Bullseye image.
 - Look for 'glimmers'/opportunities to befriend yourself by moving into a 'soothed' state where possible.



Closing -How are you?

Where
are you
now?

