

Chapter 4

SHaRE & REPaIR

Virtual Programme



REPaIR - Repair Emotional & Physical wellbeing And Increase Resilience

‘Befriending’ our brain/mind

Offering ourselves health *CARE*
putting compassion into action.

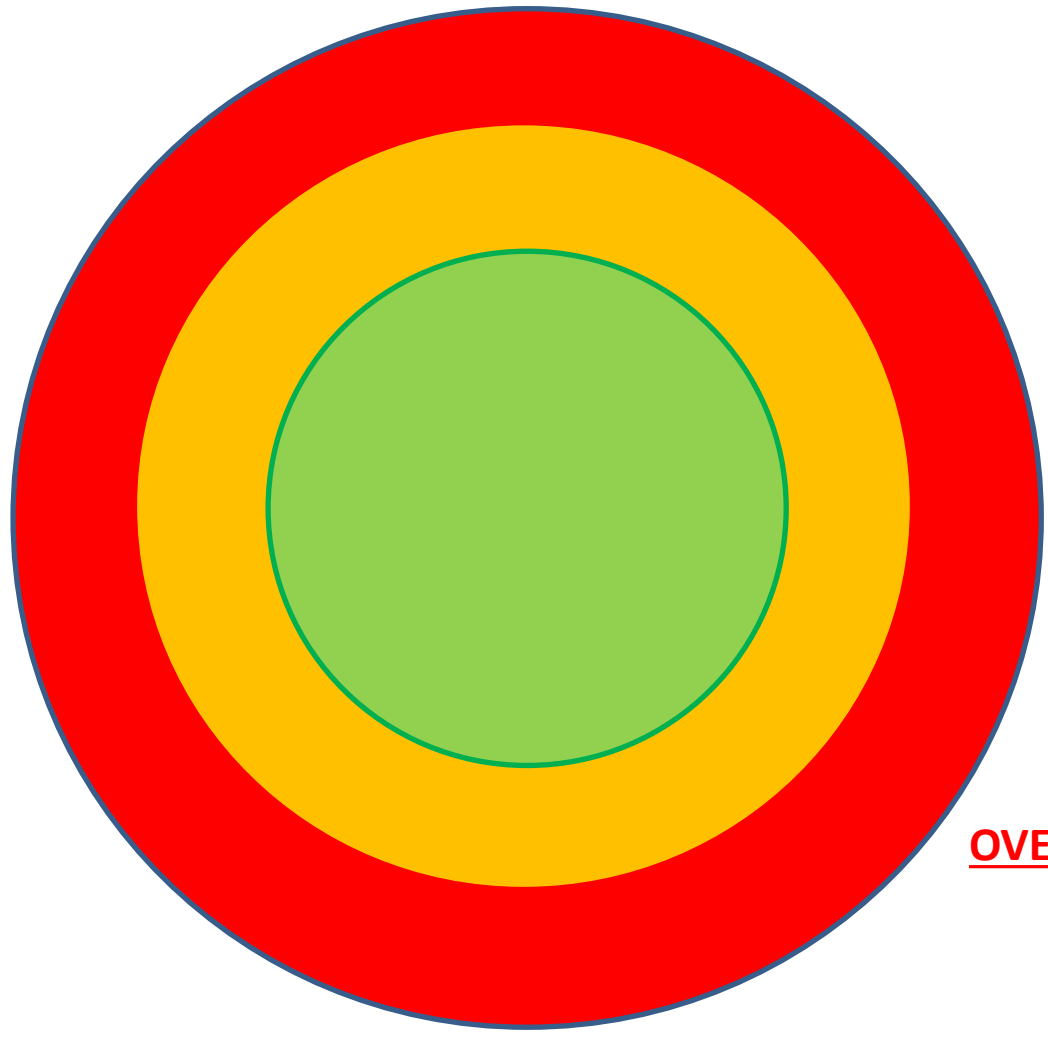


And coming up...

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



How are you?



COMFORT ZONE

CHALLENGED ZONE

OVERWHELM ZONE

Who gets the mask first?

Being a friend, & exploring our choices.

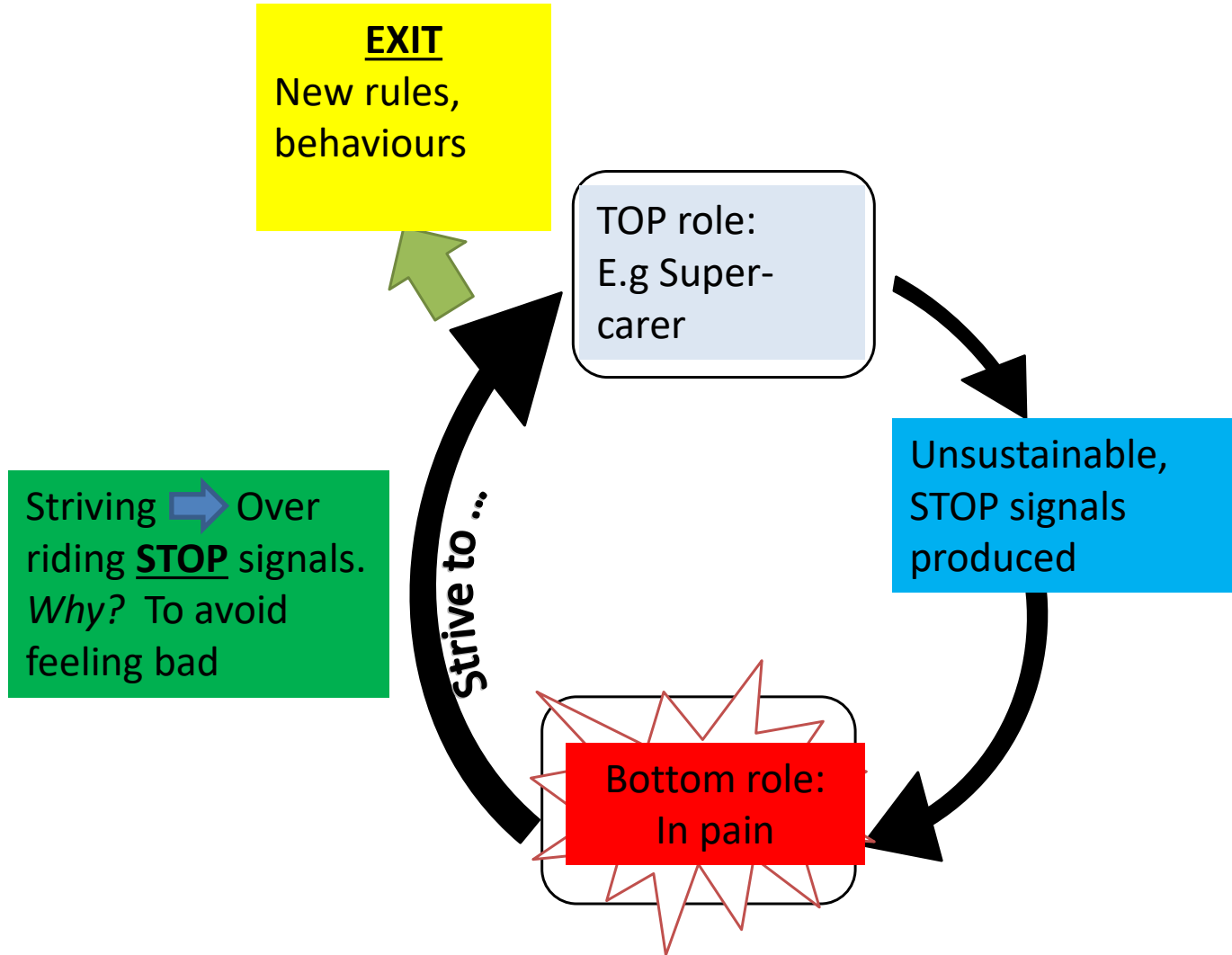


CAT

- The “Dorset Model” - using Cognitive Analytic Therapy (CAT) concepts to further our understanding of persistent pain and Fibromyalgia.
- CAT is a type of psychotherapy which looks at a persons’ thoughts, emotions and behaviour as well as the events and relationships that underlie our experiences and may have lead to them. The CAT Model considers that we learn these patterns early on in life based on the relationships we have with our early care givers, as these form the basis of the way we interact with others, and ourselves. We internalise our templates of early relationships.
- A common pattern of which people with Fibromyalgia may find themselves in is one where they override or neglect their own needs and care for others more than themselves.
- We have called this pattern “The super-carer” pattern.

Building a Repair map

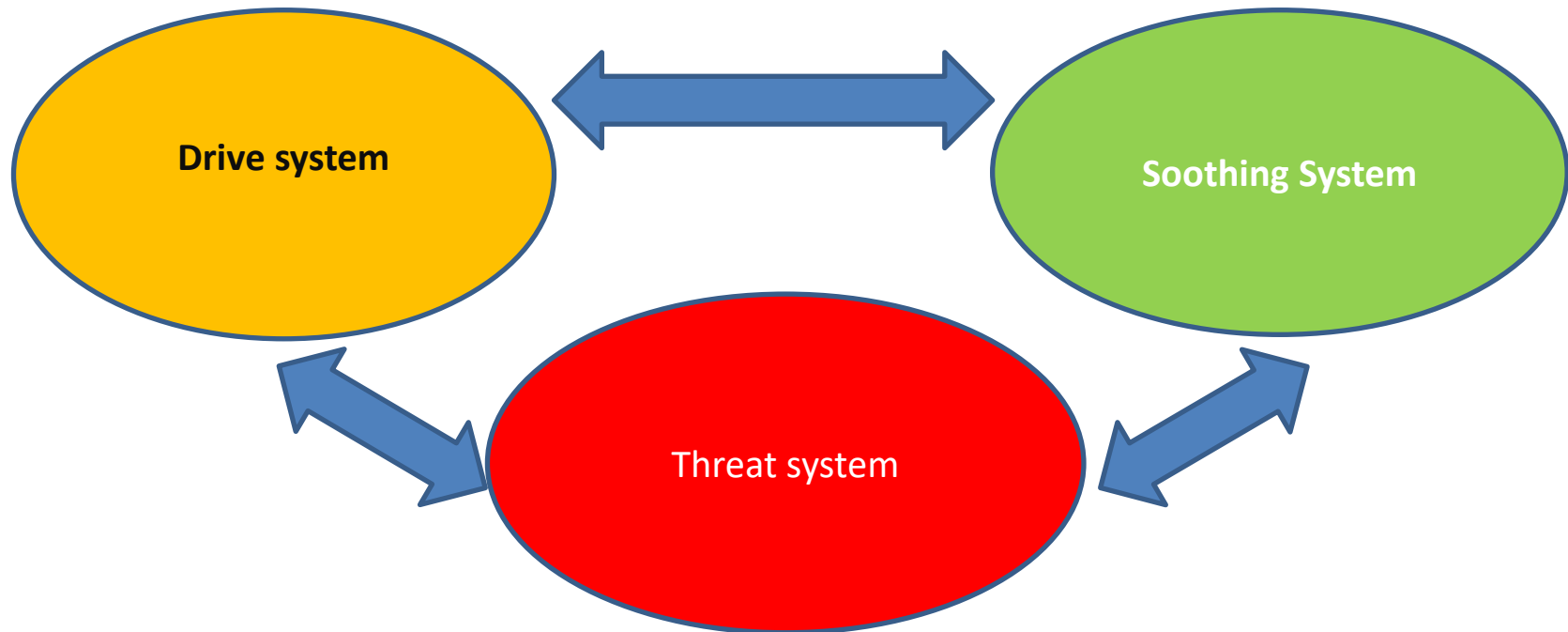
C.A.T. Pattern “The Super-Carer”



Super caring = Super stressful?

Emotional Regulation Systems

Paul Gilbert's evolutionary model proposes that human beings switch between three systems to manage their emotions. Each system is associated with different brain regions and different brain chemistry. Distress caused by imbalance between the systems, often associated with under-development of the soothing system.



Ask yourself the question...

Thinking over the last week which state have I spent the majority of my time operating from?

Soothing system/state

Drive system/state

Threat system/ state

Also, how have I navigated between these systems/states?

WHAT IS SELF-COMPASSION?

- Self-compassion is the same feeling and attitude of kindness we show and direct towards a friend in need who we care for and love, but towards ourselves.
- Mindful self-compassion can be explained through the three elements as shown in the diagram below.

Mindfulness:

Neither
ignoring nor
exaggerating
feelings of
failure

Sense of Common Humanity:

Everybody
goes through
this

Self-Kindness:

Understanding,
not punishment

Compassion into action.

‘Yin and Yang’ of compassion

- Communication
 - Self talk
 - Communicating with others; family, medical, work, friends.
 - Saying “no”
- ‘New rules, old rules’



The first type of self-compassion is **Yin** compassion. It is sometimes seen as the soft compassion which is a kind of comforting, soothing and validating compassion.

The second type of compassion is what we sometimes call the **Yang** type which can be seen as a more direct and a more assertive and protective and motivating type of compassion, sometimes called, fierce compassion..

Sound's lovely right?

'when we open the door of our hearts – love goes in and old pain comes out.' *K. Neff*



So how can we make changes?

Old rules...

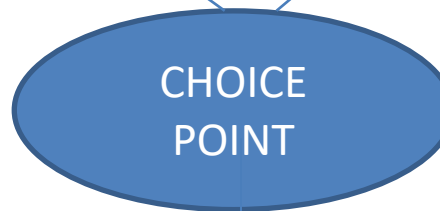
New rules...

Guiding our direction in life

'AWAY' Acting *ineffectively*,
behaving *unlike* the person you
want to be

'TOWARDS' Acting
effectively, behaving like
the person you want to be

HOOKS Difficult/unhelpful
thoughts, feelings, sensations,
and memories that 'hook' you



HELPERS Values, strengths and
skills that help you to act like
the kind of person you want to
be

At the choice point,

STOP: S- Slow down - Slowly breath; or slowly press your feet down; or slowly stretch

T-Take note - Notice what you are feeling & thinking; notice the world around you & what you are doing

O-Open up - Make space for your thoughts & feelings; allow them to freely flow through you

P-Pursue values - Remember your values, and find a way to act on them (no matter how small)



Experiential practise...

Choice point in action

- Developing a ***fierce***, or a ***comforting*** approach to self care through exercise. Changing your approach, and deciding on a 'new rule' regarding how you move your body, provides a choice point. Use this to lead you towards beneficial changes.
 - breath
 - Waterfall
 - Open chest
 - Painting a rainbow
 - Separating the clouds
 - Repulse the monkey
 - Rowing a boat
 - Lifting a ball
 - Carrying the moon
 - Pushing palms, turning waist
 - Playing with clouds
- Compassion based practise – self-compassion break (Kristin Neff)



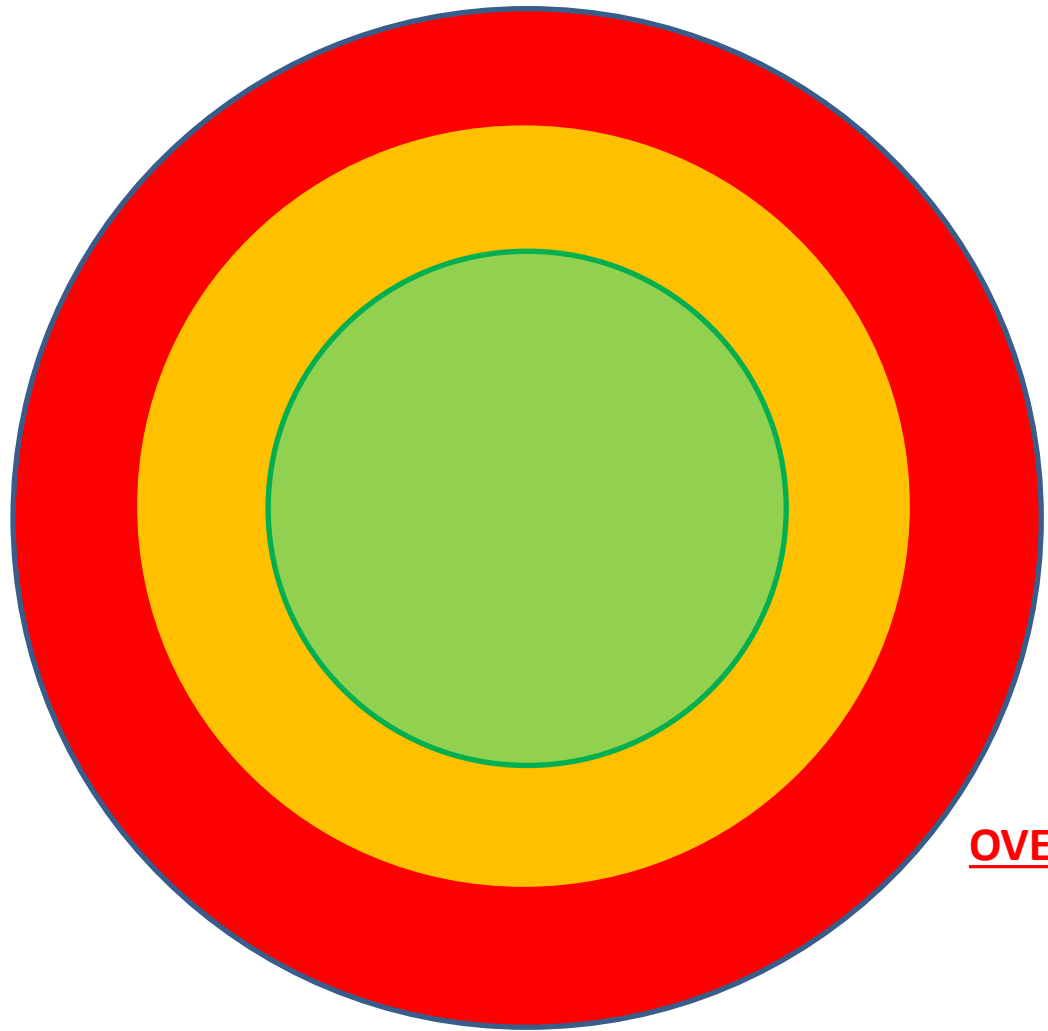
Weekly practice...

Weekly task;

- Read and complete this week's worksheets. Reviewing the CAT model and how our emotional states are managed inside of the body.
- 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.
- Daily suggestion:
 - Take a friendly attitude to assessing your state, using the Bullseye image.



Closing -How are you?



COMFORT ZONE

CHALLENGED ZONE

OVERWHELM ZONE