

# Chapter 6

SHaRE & REPaIR

Virtual Programme



# REPaIR - Repair Emotional & Physical wellbeing And Increase Resilience

‘Befriending’ our relationships

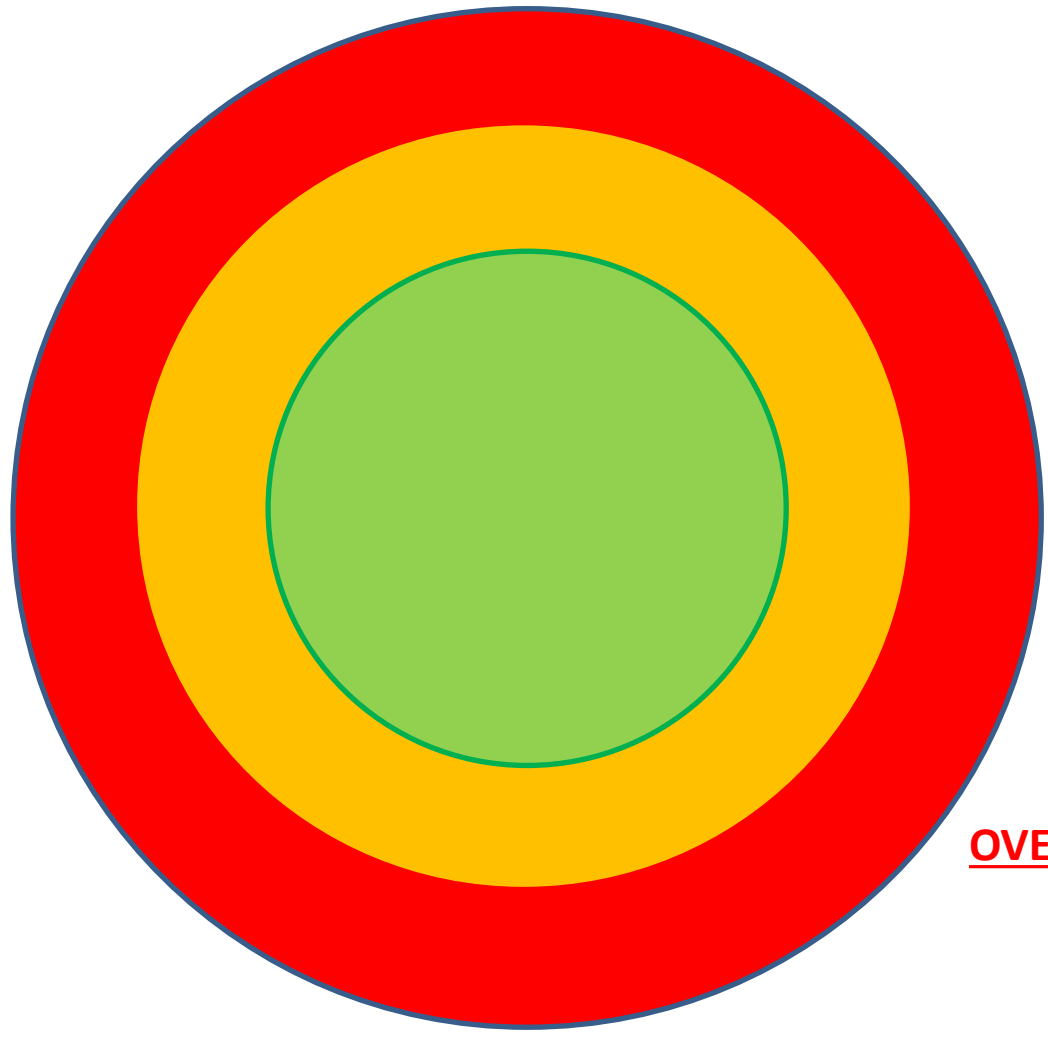


# And coming up...

- 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

# Relationships



**‘Good  
fences  
make good  
neighbours’**



# Boundaries

Setting and defending boundaries allows you to protect your physical and mental health.

- Why is it hard to set and maintain boundaries?  
(habit/conditioning/perceptions)



# Boundaries

- Where should the boundaries be?  
(internal/external)
- What should the boundaries look like?  
(soft/hard)



# Rigid, porous, healthy?





# External boundaries

- Reviewing one of the most challenging acts of self compassion...one powerful word 'No'.

With a renewed sense of responsibility to our own needs (compassionate attitude), we can begin to tackle those areas of life which need repair work, where do we need protective boundaries?

i.e. Do we need to communicate differently?

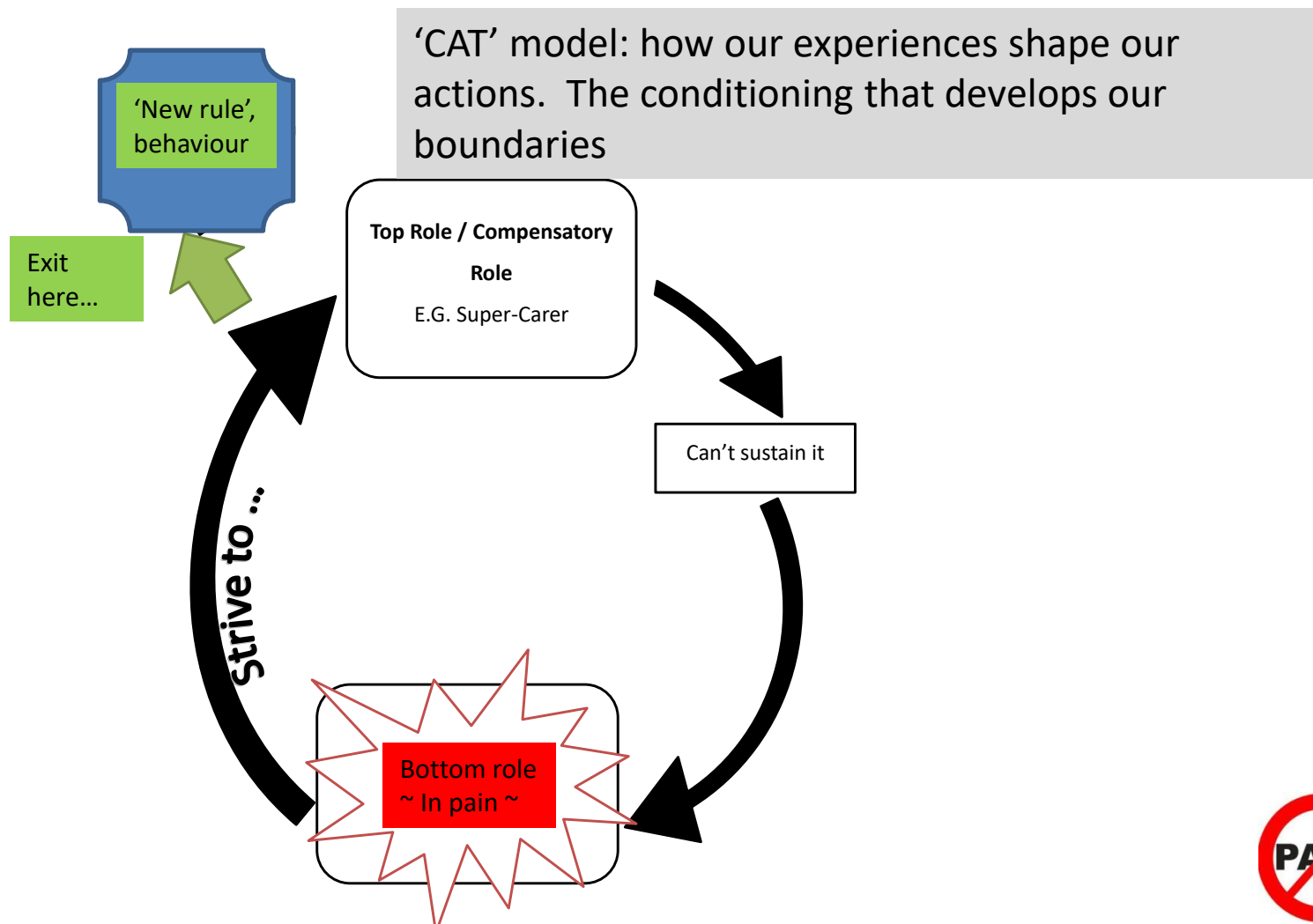


# Internal boundaries

YOU WOULD  
NEVER TALK TO  
OTHERS THE WAY  
YOU TALK TO  
YOURSELF. TRY  
SELF-COMPASSION  
NEXT TIME.



# Why is it hard?



# Experiential practise...

- Relaxation, meditation

- Follow along with the guided practice
- Alternatively pick a practice of your own
- Or spend the time in any way that feels consistent with giving your body and mind some down time.



# Experiential practise...

- Tai chi

Using the movements within Shibashi Tai chi we can use our body to enact the boundaries that may serve us well. As we practise these 'shapes', our body language develops new habits which can influence our actions and behaviours;

external boundaries; taking a firm stance, creating strong postures, & using our arms to protect our personal space.

inner boundaries; letting go of the need to push, criticize or judge. Find pleasure through a style of movement which honours and respects the body.





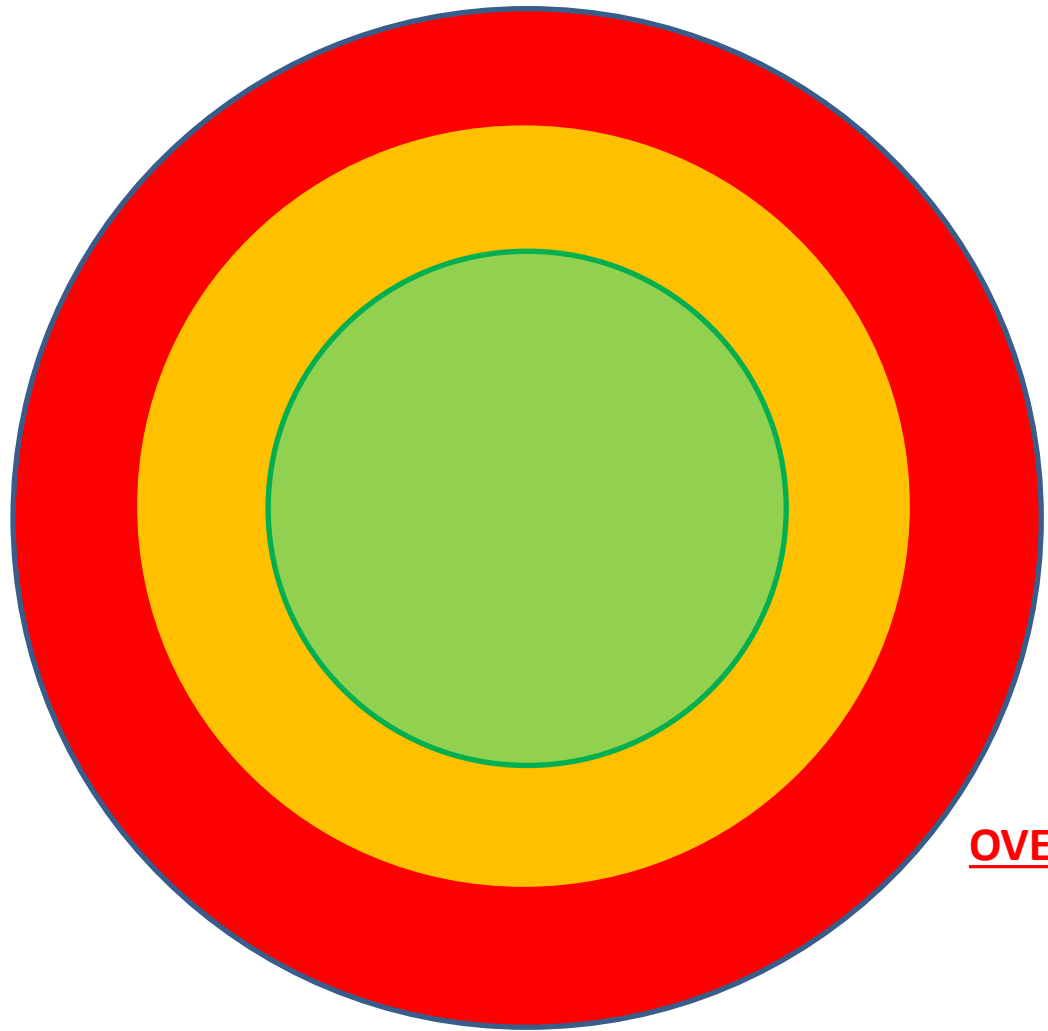
# Weekly practice...

## Weekly task;

- Read and complete his week's worksheets.
- Visit DPMS website [www.dorsetpain.org.uk](http://www.dorsetpain.org.uk) , watch Tai chi video ([tinyurl.com/12xgjm56](http://tinyurl.com/12xgjm56)) aim to explore the movements which you feel demonstrate those boundaries that will best protect you and bring you safety and comfort.
- Daily suggestion:
- Listen to the safe place recording, notice how you can create a boundaried time in your day to allow your body and mind to rest in a safe place of your creation.



# Closing -How are you?



COMFORT ZONE

CHALLENGED ZONE

OVERWHELM ZONE