



SHaRE & REPaIR Programme

WEEK ONE – SHaring our experiences & REexamining what we know.

Task 1. Examine yours & others' understanding. Make a note of your working definition of FM, how would you explain it to someone else?

Click or tap here to enter text.

Do you still have unanswered questions about FM?

Click or tap here to enter text.

**“There is power in understanding the journey of others to help
create your own”** *Kobe Bryan*

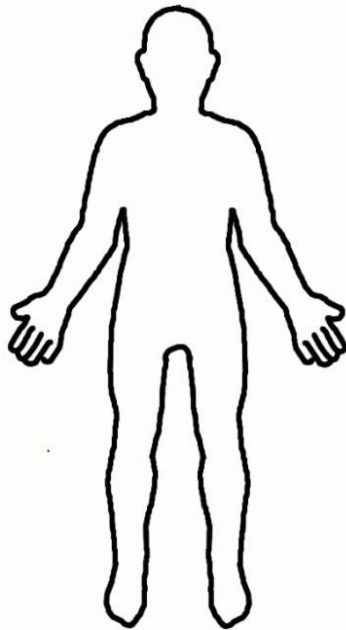
What have you learnt today from others' experiences and knowledge?

Click or tap here to enter text.

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Task 2. Review the Hyland Model video; <https://www.plymouthhospitals.nhs.uk/body-reprogramming> scroll down the page and press on the + video link to access the video.

Task 3. List your symptoms around the body chart, notice which systems of the body are affected (muscular, cardiac, skin, digestive, metabolism, brain, bladder and bowel, immune, nervous system etc), and if there are any patterns which connect them.



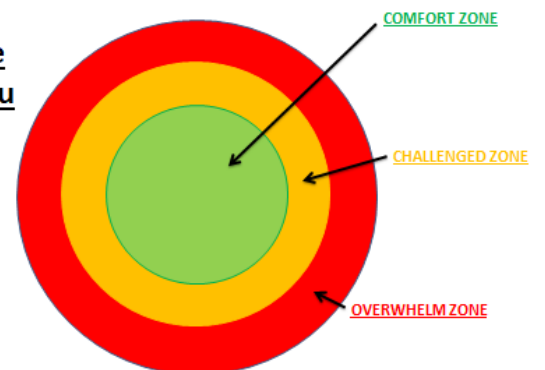
Task 4. What have you learnt about examining your own *state*? How does your state affect your symptoms, and how can you move into a healthier state?

Click or tap here to enter text.

Can you use this tool to build a habit of checking in with, and taking care of your state of being?

Click or tap here to enter text.

**Where
are you
now?**



Task 5. Start to practise 'Mindful noticing', perhaps use one of today's experiential exercises to focus on.

The mindfulness triangle may help you practise this skill; <https://tinyurl.com/2vbdb7n9>

Mindfulness of movement can be a good option for those who find traditional meditation difficult, with the added bonus that you are also taking care of your physical wellbeing. Review the information here relating to the benefits of Tai chi for FM. Start to familiarise yourself with the movements from the Shibashi form which we will practise each week.

You can also visit our DPMS website and search for our Tai chi recommended Video links sheet; www.dorsetpain.org.uk

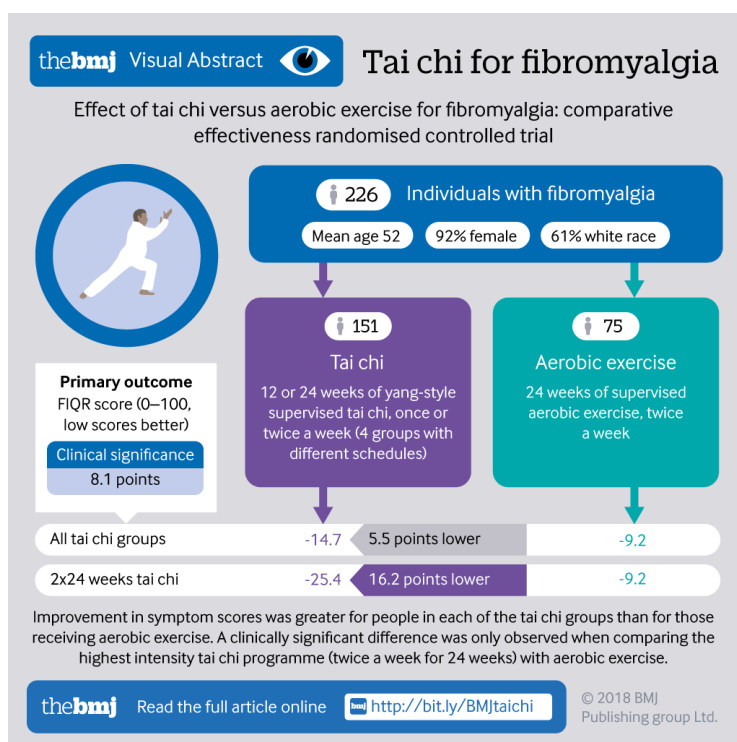
The full routine can be found here; www.tinyurl.com/12xgjm56

Introducing Shibashi Tai chi.

Tai Chi is a free flowing form of movement which helps bring about calm and peace of mind, whilst gently exercising the whole body.

Shibashi (Shibashi meaning 18 movements in Chinese) was developed through the Yang style that is one of the five traditional Tai Chi styles. Shibashi exercises unify the whole of the system in a relaxed, focused and mindful way, what appears flowing and effortless on the outside is a result of cultivating deep relaxation on the inside. Being mindful of the way we breathe and move, less of what we do becomes an unconscious reaction. This allows us to remain calm and centered and in full control of all we do in life. Gentle Stretching and releasing, combined with deep relaxed breathing encourages tensions deep in the body's tissues to soften and release.

Evidence has shown that Tai chi can be a highly effective form of exercise for people with FM. As can be seen, a regular and long term Tai chi habit creates much greater improvements.



Sung



'To move without feeling' Stand with your weight rooted through your feet, allow yourself to sink into your knees. Relax your mind and body; 'cat-like', and effortlessly balanced. Feel your limbs move by themselves, all DOING is gone.

Waterfall

Raise the arms on the in breath, lifting from the wrists, and straightening the knees. Float arms down on exhale, sinking back into the knees



Spring & Autumn



Opening the chest on the in breath, arms lift and widen. Arms return to centre and float down on exhale, sinking back into the knees.