



SHaRE & REPaIR Programme



WEEK THREE –The Body!

Task 1.

Having reviewed your ‘relationship’ with your body, movement and exercise, consider what you might hope this ‘friend’ could offer you, if you had a better relationship.

List the most important improvements you hope to achieve as a result of using movement & exercise appropriately.

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Which types of movements (be as specific as you can) are most likely to help you achieve these goals?

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As you have now seen from the ‘Hyland’ video; a person who pushes themselves hard to achieve often engages in activity to the exclusion of their own needs. Also people who have suffered stressful or traumatic events, are prone to “over-do” and ignore the body’s “stop signals” such as pain, fatigue etc. Ignoring the body often starts out as a helpful device (often picked up in childhood), and develops as a way of keeping you safe. Overtime however, it can become less necessary or helpful, and can lead to unhelpful overdoing. Habitually overdoing leads to an “energy steal” or “redistribution of resources”, the energy required to keep up our overdoing is taken from other parts of the body. The body’s response to this can be to use a protective “Stop Programme” or shutdown ie. Fibromyalgia.

If these over-doing habits are forcing our bodies to perform outside of our capacity, noticing this and addressing these unhelpful habits, can be a focus for our physical retraining. Learning when enough is enough may be an important part of our exercise practices.

Read on for further information related to exercise.

Befriending our body: Why movement matters...and why it matters how we move.

Friendly approaches to exercise and movement.

“Much more of the brain is devoted to movement than to language. Language is only a little thing sitting on top of this huge ocean of movement.” Oliver Sacks, neurobiologist and author.

Considering the above quote our brain is hugely important when it comes to movement; however often when we are moving, our minds are elsewhere, maybe thinking about tasks to be done, or thinking about how we feel about exercising whether we like it or not, or worse still worrying about how we will feel after we have finished exercising!

While our brain is busying itself with these thoughts, our body is left unattended, its efforts can go unnoticed, under-appreciated, and the potential effectiveness of the movements and exercises we are engaged in is reduced.

How I can ensure my brain is more directly involved with my body when exercising/moving:

[Click or tap here to enter text.](#)

“To feel better in your body you first need to feel your body better” Diane Jacobs, Canadian physio

If you imagine what it was like learning any new skill such as driving a car, or using new technology such as computer the first thing you would usually do is have a good look over the task in hand, handle the objects with which you will be performing the task, and reduce all other demands and disturbances so that you could give your entire focus to learning this new skill. Imagine how your performance might be hampered by; wearing a blindfold, being in a noisy environment, or wearing boxing gloves so you couldn't feel the objects you were dealing with.

Trying to exercise and move when you are in pain, and have become switched off from listening to your body can be like the example above. Re-acquainting yourself with all of the physical sensations of your body can be an important first step in knowing your 'tool' and knowing how to use it successfully.

How can I connect more with the physical sensations in my body?

[Click or tap here to enter text.](#)

“Usually I can’t walk more than a few yards, when I was on holiday though I managed to walk round the entire lake with no pain!” Previous patient.

You may have noticed how the same movement can feel different when carried out in a different context such as when you are on holiday, or when you are particularly relaxed compared to when you may be more stressed.

We may not realise it but part of the complexity of pain is that it can become a habitual response. If pain becomes a regular response to performing a movement such as bending to put on our shoes, we can start to fear the act of putting on our shoes; the body’s response to fear is to tense up which can then create even more pain and we can be in a never ending vicious cycle.

How can I break the habit of anticipating pain when I move?

[Click or tap here to enter text.](#)

Good to have internal attentional focus sensation

Accept sensations which are a habitual response to movement.

Focus on pain and accept it is being generated from within ask the question is there anything I am doing which is adding to this sensation – am I holding myself, am I worried about something, am I anxious about the movement

Remember the ‘Goldilocks’ approach - not too much, not too little, but somewhere in the middle is usually just right.

- Experiment or play with different ways to move. Confront your fears.
- Apply a Goldilocks level of exercise stress to the painful area to encourage adaptation without further injury.

Strategies to start us, and keep us moving.

Planning how to use exercise and movement is a vital step once we have decided that exercise and movement should be part of our pain management plan. This process is something we may return to again and again if we encounter issues with maintaining our movement and exercise regimes.

I'd like to start exercising, but...

Sometimes we have every intention to move more and use exercise, and even have a plan as to which exercises we will do; but something holds us back from starting. At these times there are some questions we can ask ourselves which may help...

How important is it to me that I start this exercise?

0-----10 **put an X on the line**

How confident am I to start this exercise?

0-----10 **put an X on the line**

When you answer these 2 simple questions the answers can give you an honest insight into your true motivation (importance question), and any fears (confidence question) relating to your planned exercise.

Recognizing when your motivation is low can prompt you to review your situation and perhaps come up with something you would be more motivated to do.

Recognizing when your confidence low, or possibly fear is high, can prompt you to tackle something less frightening where you feel more confident of success.

If you find you lack confidence in doing the very things you feel your body needs, you may want to look in more detail at what is behind your concerns. By discovering what is behind your concerns you have the opportunity to seek help or advice to address them, or adapt your plans to overcome the factors that cause the worry.

The Benefits of Cardiovascular Exercise

Cardiovascular exercise is any activity which makes your heart beat faster. The good news is you don't have to be gasping for breath in order to improve your cardiovascular fitness. Any activity which makes you feel slightly warm, makes your heart beat slightly faster, and your breathing slightly deeper will be beneficial. Of course if you suddenly do a lot more activity than you have been used to you are likely to irritate grumpy tissues and trigger a flare-up, the key is to look for opportunities throughout the day to fit in small amounts of cardio-vascular activity (little and often). You might decide to do a few step-ups at the bottom of the stairs every time you pass, you might abandon the remote control for an evening and get up to change channel, or park the car a bit further away when shopping. Whatever it is, it has to be right for you and fit easily with your lifestyle, over time you can then make gradual increases.

The benefits of exercise - from preventing chronic health conditions to boosting confidence and self-esteem - are hard to ignore, and increasing cardiovascular fitness has been proven to be a very important tool in the management of chronic pain.

Here are some of the ways cardiovascular exercise helps:

1. Exercise improves your mood.

Exercise stimulates the production of various brain chemicals, which may leave you feeling happier and more relaxed than you were before exercised. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem.

Exercise can reduce feelings of depression and anxiety, and reduces the effects of stress on the body.

2. Exercise closes the Pain Gate

Gentle activity has an effect to directly close the pain gate and make you feel more comfortable. Improved circulation to the tissues makes them more tolerant and carries away chemical irritants. Exercise stimulates the production of endorphins in the brain (your natural pain killing chemicals).

3. Exercise promotes better sleep.

A good night's sleep can improve your concentration, productivity and mood. Exercise can be the key to better sleep. Regular exercise can help you fall asleep faster and deepen your sleep. The timing is up to you — but if you're having trouble sleeping, you might want to try late afternoon exercise sessions. The natural dip in body temperature five to six hours after you exercise might help you fall asleep.

4. Exercise strengthens your heart and lungs, and improves your general health.

Exercise delivers oxygen and nutrients to your tissues. In fact, regular exercise helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. When your heart and lungs work more efficiently, you have more energy to do the things you enjoy. Exercise keeps you fit, improves your strength, stamina and range of movement.

5. Exercise can be fun!

Exercise doesn't have to be boring. Enjoy a walk in the countryside or by the sea, involve your family and friends. Find an activity you enjoy, if you get bored, try something new. If you're moving, it counts! Remember that the best exercise is the exercise that is done. You are much more likely to keep going with exercise if it is enjoyable!

6. Exercise combats illness.

Regular exercise can help you prevent — or manage — high blood pressure. Your cholesterol will benefit, too. Regular exercise boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing low-density lipoprotein (LDL), or "bad," cholesterol. This lowers the risk of heart disease and stroke.

Regular exercise can help you prevent type 2 diabetes, osteoporosis and certain types of cancer.

7. Exercise helps you manage your weight.

Exercise burns calories and helps you normalise your appetite. You don't even need to set aside major chunks of time for exercise. Take the stairs instead of the lift, walk during your lunch break, do 'sit to stands' during TV adverts.

Task 2.

Using your selected movements from Task 1, which should be movement/activities that matter to you: create a safe starting point (Baseline) to begin your 'Bodily Renovations'.

HOW TO SET A BASELINE

It is important to work out your tolerance level or time for each activity or exercise in your plan. The tolerance is how much you can do without overdoing it.

Using walking as an example:

- Choose the best time of the day for you to walk and select a good place to start e.g. up and down the garden path.
- Walk at your own pace for a sensible period of time that you can manage today. You may have to make an educated guess at this stage, but use your knowledge and experience to work out how much is manageable for you.
- If you know you have a tendency to overdo things at times, then recognise this, deliberately do less of the activity than you would normally.
- Record the amount of time, or distance you have walked.

- Repeat the experience the following day, walking as much as you feel you can manage that day.
- Record the amount of time, or distance you have walked.
- Repeat the experience again on the third day, using the same principles, and record the outcome.
- Average the scores and divide by two to find the baseline for walking.

Record Sheet	Activity = Walking
Day one	5 mins
Day two	3 mins
Day three	4 mins
Total	12 mins
Average (divide by 3)	4 mins
Baseline (divide average by 2)	2 mins
Day four	2 mins

Once you have worked out your baseline follow it for at least three days. Then decide how much and how often you would like to progress it.

Evaluate

Stick to your baseline each day and make yourself a plan about how to move your baseline up (slowly).

After several days using the plan, look back and decide if changes need to be made. It is often helpful to identify any barriers that prevent you from sticking to your programme; once identified you can start tackling, or overcoming these barriers.

Pacing up Exercise and Activity

There may be various activities which you wish to increase, such as your exercise programme, activities around the house like ironing or gardening, shopping etc. Work out your baseline for each activity you wish to increase. Remember try not to tackle too many things at once.

Daily Target

Set daily targets or goals by which to increase your chosen activities. Do not do more than your target for that day, even if it feels like a good day. This levels out your activity cycling, and helps you begin to plan your activities better.

Re-evaluate at Regular Intervals

Carry out your planned programme for the next week, and at the end of the week look back at the record and set targets for the coming week.

Record

Keep a daily record of achievements. This will help you monitor you progress and adjust as necessary

WORK OUT YOUR BASELINES

Think of an activity you would like to improve, for example, sitting, walking, driving etc., and fill out the table below. Once you have worked out your baseline try to stick to it for a week.

1.	Choose your activity	Click or tap here to enter text.
	Is it realistic?	Click or tap here to enter text.
2.	Measure what you can already do	Click or tap here to enter text.
	Day 1	Click or tap here to enter text.
	Day 2	Click or tap here to enter text.
	Day 3	Click or tap here to enter text.
	Total	Click or tap here to enter text.
3.	Work out your average (divide the total by 3)	Click or tap here to enter text.
4.	Work out your baseline (divide the average by 2)	Click or tap here to enter text.

5.	Stick to your baseline for a week	Click or tap here to enter text.	
	Day	Time spent doing activity	How do I feel?
	1	Click or tap here to enter text.	Click or tap here to enter text.
	2	Click or tap here to enter text.	Click or tap here to enter text.
	3	Click or tap here to enter text.	Click or tap here to enter text.
	4	Click or tap here to enter text.	Click or tap here to enter text.
	5	Click or tap here to enter text.	Click or tap here to enter text.
	6	Click or tap here to enter text.	Click or tap here to enter text.
	7	Click or tap here to enter text.	Click or tap here to enter text.
	Review the activity	Click or tap here to enter text.	Click or tap here to enter text.
6.	What will be my new target?	Click or tap here to enter text.	

Task 3.

Consider your diet, review basics of good nutrition at;

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

<https://tinyurl.com/v79rs2ye> European federation of pain; nutrition guidelines.

If there was one change to your nutritional habits that could benefit your overall health and wellbeing, and reduce the **STOP** signals being produced by the body what might that be for you? What would your (realistic) new food habit be?

New food Habit:Click or tap here to enter text.

Task 4.

Remember to check in with your overall state, each day. Try using the 4 elements practice to help your body experience a multi-sensory state of safety and calm, and bring yourself back towards a place of comfort

EARTH : GROUNDING , SAFETY in the PRESENT /REALITY.... take a minute or two to be here... place both feet on the ground, feel the chair supporting you.... Look around & notice 3 new things...What do you see.... What do you hear ?”

AIR: BREATHING for CENTERING Breathing – any relaxation breathing practice can be done here. E.g; breathe in through your nose (for abdominal breathing) as you count 4 seconds, then hold for 2 and then breathe out for 4 seconds. Take about a dozen deeper slower breaths

WATER : CALM & CONTROLLED -switch on the RELAXATION RESPONSE can you generate saliva in your mouth?....make more saliva....when you are anxious or stressed your mouth often dries because part of the stress emergency response (ordered by the sympathetic nervous system) is to shut off the digestive system. So when you start making saliva you switch on the digestive system again (parasympathetic Nervous system) & the relaxation response.

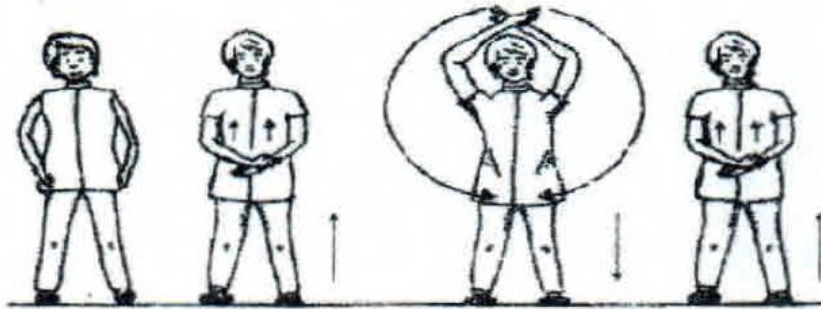
FIRE LIGHT up the path of your IMAGINATION . Bring up an image of your SAFE PLACE (or some other RESOURCE such as a memory when you felt good about yourself) –what do you feel & where do you feel it in your body?

Take time to notice & acknowledge what your body is managing to do on your behalf every moment, and every day.

Task 5.

Continue to build on your Tai chi exercises, use our website's resources to help. If you are ready to be a little more adventurous, incorporate some other forms of movement & exercise that may benefit you specifically. Take a look at the NHS choices website; <https://www.nhs.uk/live-well/exercise/> to explore other forms of exercise.

Separating the clouds



Breathe in and with arms crossed at the wrists raise arms up in front of your body, palms facing you. Turn palms out lowering arms to the sides as you breathe out, sinking own into your knees.

Repulse the monkey



Breathe in and drop one hand down past your hip, following it with your gaze, circle the hand up, and push forwards with the palm as you breathe out. Alternate sides, allowing your body to rotate slightly with the movement.