



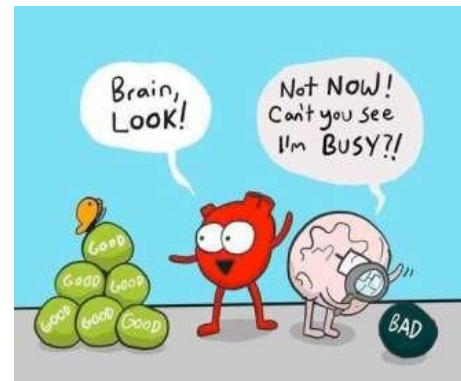
SHaRE & REPaIR Programme

WEEK FOUR –The Brain and Mind

We have already started to appreciate how our brain, if directed, can help us soothe our state. By moving our body away from stress and 'fight/flight/freeze', and towards rest and recovery.

Sometimes however our brain is like a stuck record, it continues to point out all that is wrong, which keeps our body stuck in a 'threat state'.

Understanding this process, allows us to take a much friendlier approach with ourselves, and our own bodies. Making choices to soothe ourselves, or listen to our needs is not a sign of giving in or being selfish; biologically speaking it is the right course of action to enable healing and recovery to take place.



Task 1.

Imagine if a treasured friend had lost their resources; house, job, family, finances – how would you treat them? With a compassionate hug, or 'a good talking to'?? Can we help to soothe our state, in order to help rebuild and repair our wellbeing?

Write down a gesture/act you might use to show compassion to a treasured friend, can you commit to treating yourself in this same manner this week?

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Task 2.

It is common practice to resist, fight against, or distract ourselves away from those things that are uncomfortable. We can use a 'self compassion break' (kristen Neff) to let go of the struggle and support ourselves through the challenge.

- 1) Allow yourself to feel whatever it is you are experiencing right now
- 2) Acknowledge to yourself 'this is a moment of suffering' 'this hurts'
- 3) Reflect that 'suffering is part of life' 'I am not alone, in feeling this way'
- 4) Offer yourself kindness 'What do I need to hear right now to express kindness to myself?' 'Can I give myself the compassion I need' 'Can I give myself strength?' 'Can I accept myself as I am?'

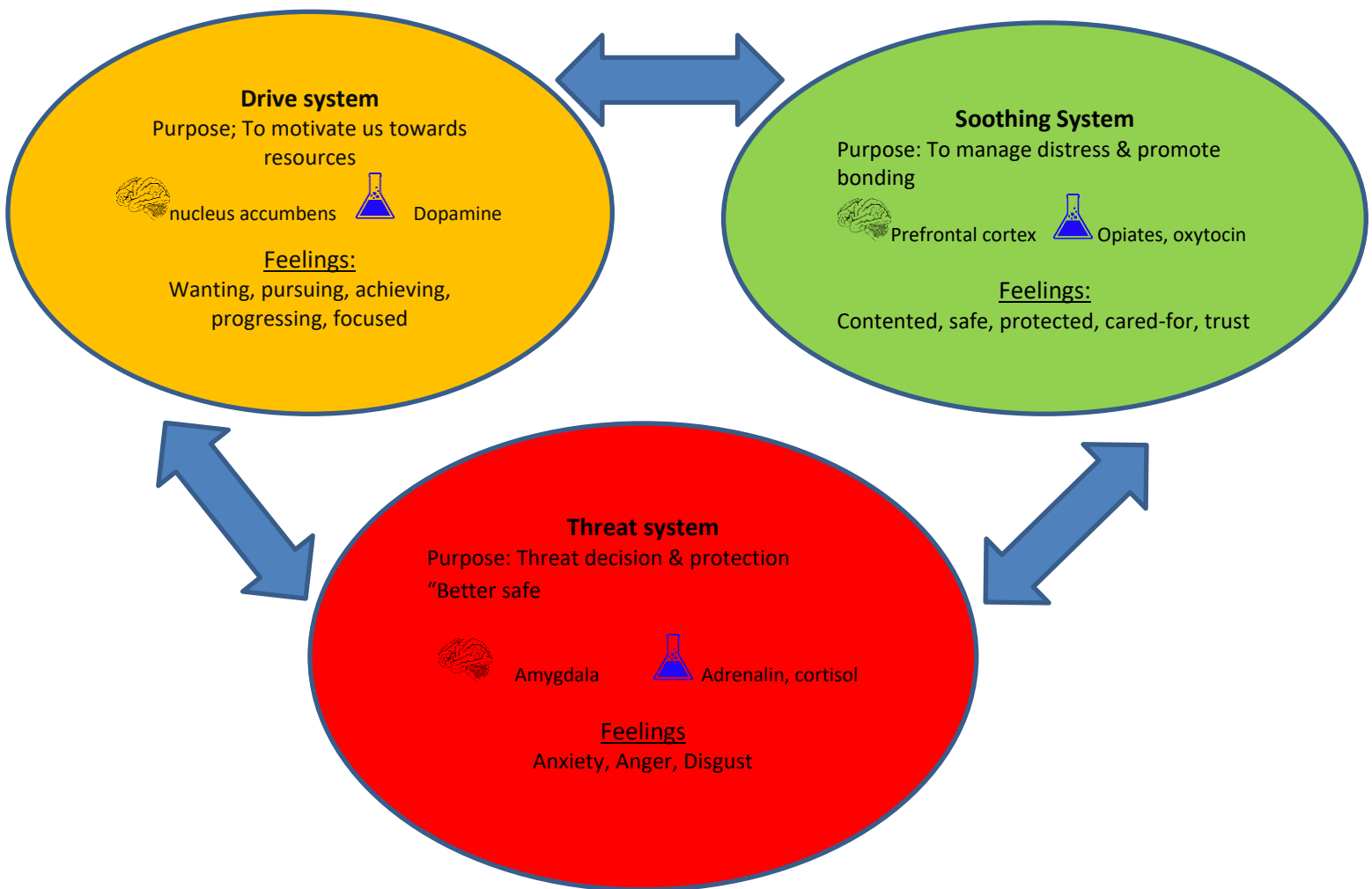
Task 3.

Review the following model, do you recognise where your biological 'home' is?

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 is caused by imbalance between the systems, often associated with under-development of the soothing system.



Can you list the triggers that will commonly move you into the threat system?

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Can you list the bodily sensations that indicate you are operating in the drive/threat system?

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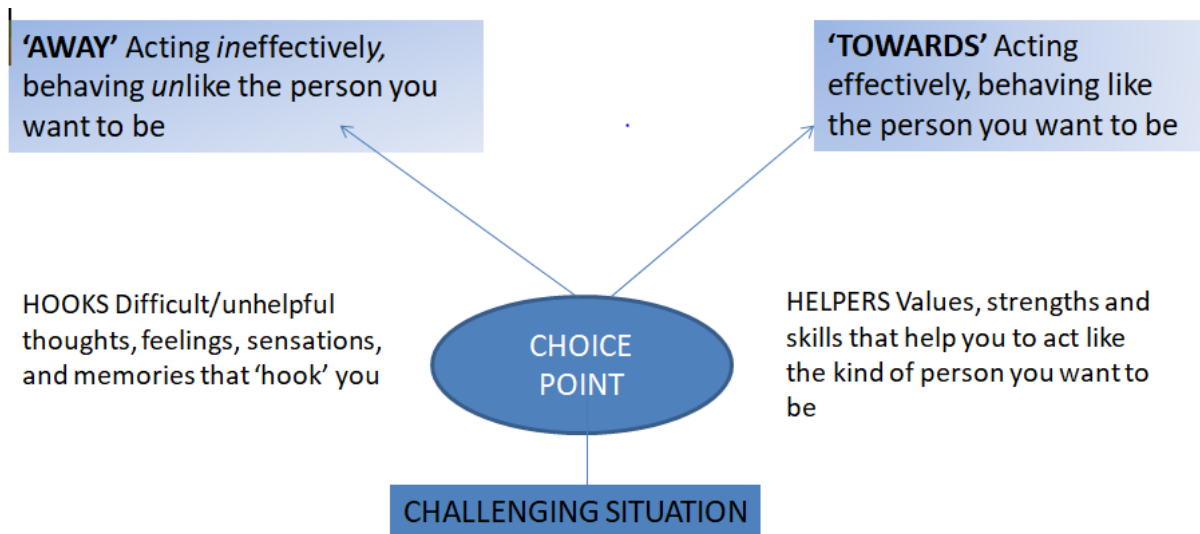
Can you list the 'glimmers' that will help move you into the soothing system?

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Task 4.

'Mending' our health and building the new habits to support us takes time, commitment and persistence. Developing these 'New Rules', needs to be supported by practical actions which improve our health and wellbeing. These actions should be guided by our goals, and supported by any resources that are available to us, including our own self-compassion (both the Yin and the Yang!).

Review the following diagram, and consider how this relates to your experiences. Once you have a goal in mind of how you want your health and life to progress, consider those moments that could be your choice points, and what your hooks and helpers might look like.



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)

The 'Choice Point' worksheet – from *The Weight Escape*, © Ciarrochi, Bailey, and Harris, 2013

Task 5.

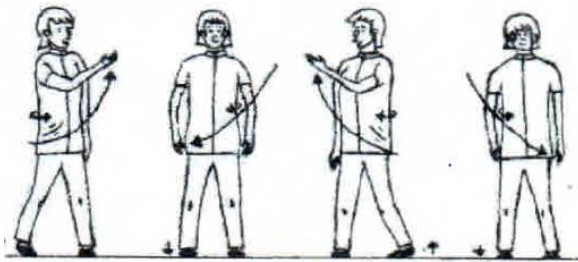
Regular physical exercise can be a 'helper' when reaching certain 'choice points'. Knowing that you can trust your; physical strength, flexibility, or your ability to maintain balance and bodily control in challenging circumstances can enable you to move towards the things that will make a difference.

Continue your weekly Tai chi practise, visit our full Shibashi video on our website; <https://tinyurl.com/3bx8yyps>

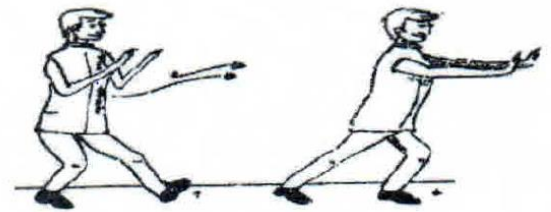
If you want to explore other ways of moving take a look at our recorded Facebook 'Movement as Medicine' exercise classes;

<https://dorsetpain.org.uk/Home/Welcome/Audio--Video-and-Further-Resources/Further-Resources/DPMS-Exercise>

Holding a ball in front of the shoulders



Pushing the waves



Scooping the Sea



The flying Dove spreads it's wings

