



SHaRE & REPaIR Programme

WEEK EIGHT –Summary and progress planning.

Having worked through **SHARING** your experience and knowledge with others, and considering where **REPAIR** practices need to be put in place, you should have a new perspective going forwards for how you can release the brake that has been STOPPING you moving forwards in health.

Committing to this new perspective, and building the habits to maintain a safe boundaried approach to daily life may require support. Supportive people who understand you can provide this support, also your own meaningful goals can support you in your continued committed action.

Even when you are doing everything right however, things can go wrong! Sometimes it may be a build-up of everyday stresses that can trigger a new stress response in our biology.

It can be helpful to remember;

- Heightened sensitivity to stress in the present, is a normal biological response to past adversity & stress (including living with pain).
- Stressors & triggers can include: Not being heard, seen, believed, respected, treated fairly; conflict in the household, job loss, surgery or other medical procedures, loss of a loved one, lack of health care, financial stress; being told there's nothing you can do to heal, it's in your head, you're lazy; living with chronic illness; other people's stress, unregulated emotions, advice, disbelief about symptoms / needs...
- Reducing stress takes courage, effort and perseverance. It cannot be done through will power alone.

Whilst being aware of the triggers which can push us towards a stress response in our body, we should also remember the methods of creating a sense of safety for ourselves in order to reduce the impact of these triggers. We cannot aim to avoid all triggers and stresses, but reducing conflict and tension and offering ourselves a compassionate space maximises our healing and resilience.

Veronique Mead MD, has created a useful acronym H.E.A.L.T.H.

Home: Calm, nurturing space (Attuning relationships; Respect; Enough quiet, peace, support, choice)

Early: Addressing stress early & quickly can offer a window of opportunity to prevent a flare up

Attention to self: ie diet, sleep, exercise; cancelling outings, meetings, etc, even last minute if needed

Limits: Stopping if tired, not "pushing through," adjusting plans if overwhelmed or triggered

Thresholds: Boundaries, saying no when needed to events, others' dysregulated negative emotions.

Honouring the body's needs: Needs change hourly in chronic illness ie: a person may be able to mow the lawn, go out to dinner or go horse-back riding one day and be unable the next or require days to recover

Task 1

Complete the following Progress plan, to reflect on what you have discovered throughout this program, and how you will plan for moving forwards.

How did my problems develop?

What triggers my problems (events, situations, mood etc.)? What are my warning signs?

Are there things that that make it worse? What thoughts, beliefs, situations keep it going?

What are the most important things I have learned during the programme?

What coping strategies have been helpful?

How have things improved?

Remember your goals and targets from the beginning of the process

The things that I would like to work on /achieve in the next 6 months are.....

Wellbeing plan / review date

What can I do to prevent a setback? Do I need to set aside a time to check in on how I am managing my symptoms and review progress towards goals?

What can I do if I have a set-back or relapse?

What are my support options?

In case of a set-back.....

How can I make sense of this?

What events / triggers led up to this setback? How did I react to this? What did I do? What did I think? What did I feel?

What have I learnt from it?

Was this a high-risk situation? Are there things that I can identify as difficult? What helped and what didn't?

With hindsight, what would I do differently?

When I think / feel.....what could I do instead?

Task 2.

Write yourself a 'golden nugget note' on a postcard. Remind yourself of those things you have learnt which have made the biggest impact, and which you feel will continue to help you with your ongoing recovery journey.

