

# Welcome

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Self Directed Fibromyalgia Resources

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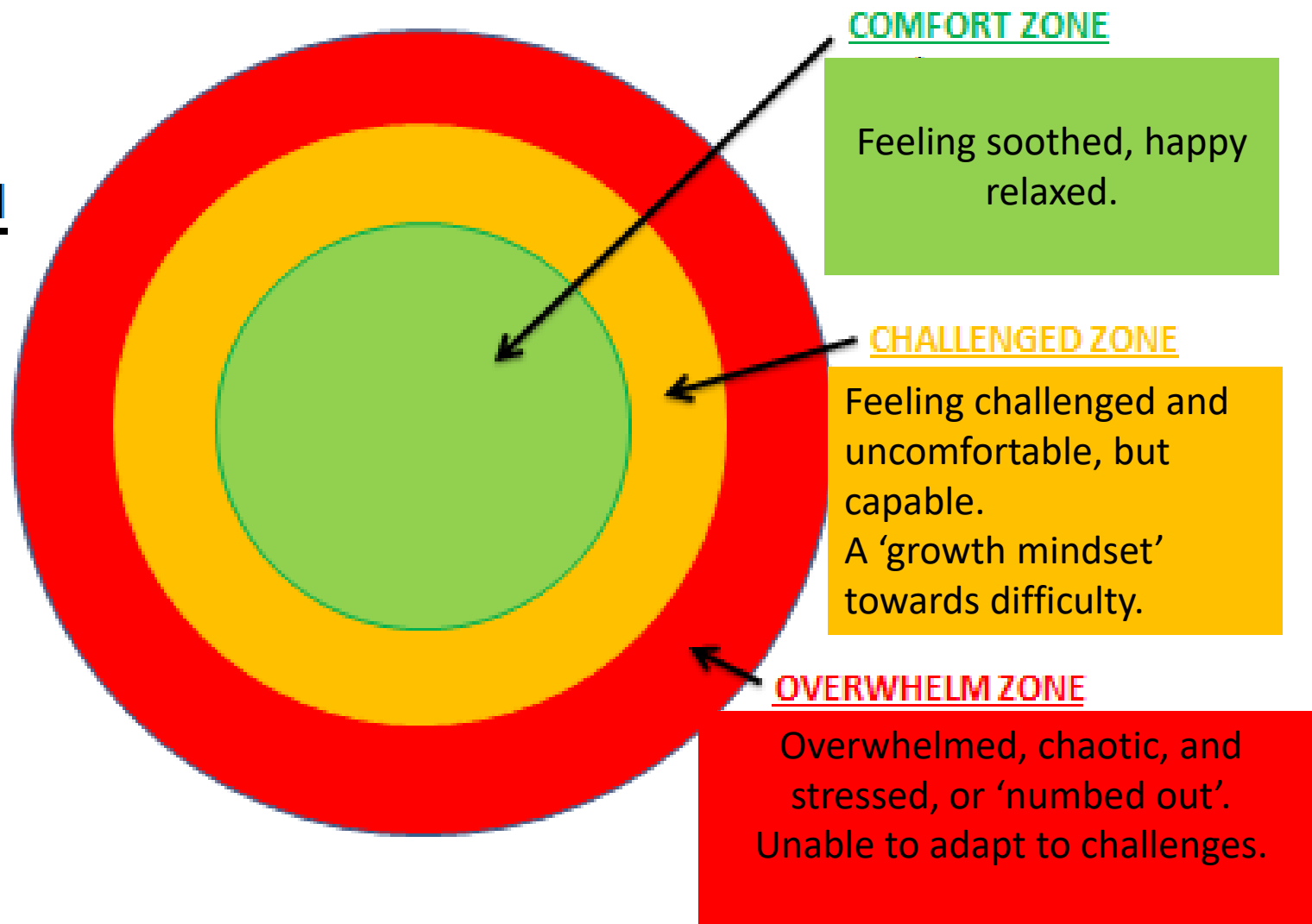
## **VIDEO ONE**

*The story of the 'Hardware' and the  
'Software' and why they matter.*



# Measuring our state.

Where  
are you  
now?



# Sharing what we know about Fibromyalgia...

## Fibromyalgia

'Fibro' – connective tissue

'Myo' – muscle

'Algia' - pain

# Understanding the enigma...

## Questions to consider:

- 1) Why do people develop FM in different ways?
- 2) Why do FM symptoms vary from person to person?
- 3) Why can FM symptoms vary from day to day?
- 4) Why do different treatments work differently for the one condition?



# Physical impact: *Symptoms*

Headache/migraine

Word finding problems

Memory problems/fog

Sleep disturbance /OSA  
(obstructive sleep apnoea)

Hypersensitive eyes, ears

TMJ (jaw joint) problems

Palpitations/POTS  
(Postural orthostatic tension)

Muscle pain

Irritable digestion

Joint pains

Irritable bladder

**BODY WIDE PAIN**

Irritable bowel

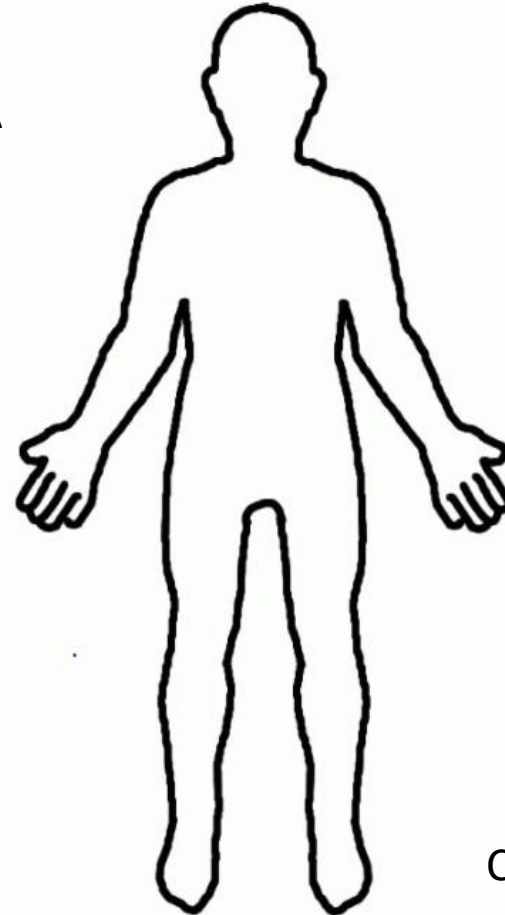
Sensitive skin

Hormonal disturbance

fatigue

Poor immune system

Cold/numb hands/feet



**BODY WIDE DISTRESS & DYSFUNCTION**



# What do you hear said?

Nobody  
knows what it  
really is, or what  
causes it.

They have  
found the  
cause is.....

Some people,  
including some  
healthcare providers  
don't believe it exists.



# What is known...

FM is REAL!!

Observable  
findings have  
been identified

Multiple bodily  
systems can be  
affected

Individuals will  
present  
differently.



1) What are those medical findings, where in the body have things changed?

2) Do they share anything in common?  
**All centrally controlled by 'ANS' – automatic pilot**

3) Is there another way of describing FM so people will understand?

**Models: The Hyland/'STOP' model, & The Dorset 'CAT' model.**



# Eg's of biological change..

- Energy system
  - Mitochondria cannot fulfil their role = fatigue.
  - Redistribution of energy resources for the body, prioritising and cost cutting.
  - As less sugar is burned = weight gain.
- musculoskeletal system
  - muscles try to access energy from glucose stores, creating *lactic acid* as waste product = sore muscles.
  - Trigger points – ‘over worked and underpaid’ (lack oxygen) muscles develop tension.
- Cognitive system
  - Connectivity in brain differs – strong connections made between emotional centres and those controlling automatic functions
  - True brain rest is not achieved overnight with lack of deep delta wave sleep.
- Nervous system
  - Substance P; a neurotransmitter released when there is perception of harm, it is found in greater amounts in brain and CNS with those who have FM.
  - evidence of the balancing mechanism for the ANS (autonomic nervous system) being unable to operate effectively.
- Cardiovascular system
  - POTS; poor regulation of blood pressure
- Immune system
  - Increased pro-inflammatory cytokines
- Endocrine system
  - Changes in circulating hormones found e.g. low levels of dopamine and serotonin (pain inhibitors) and poorly managed levels of cortisol (stress hormone).



# It seems too complex?

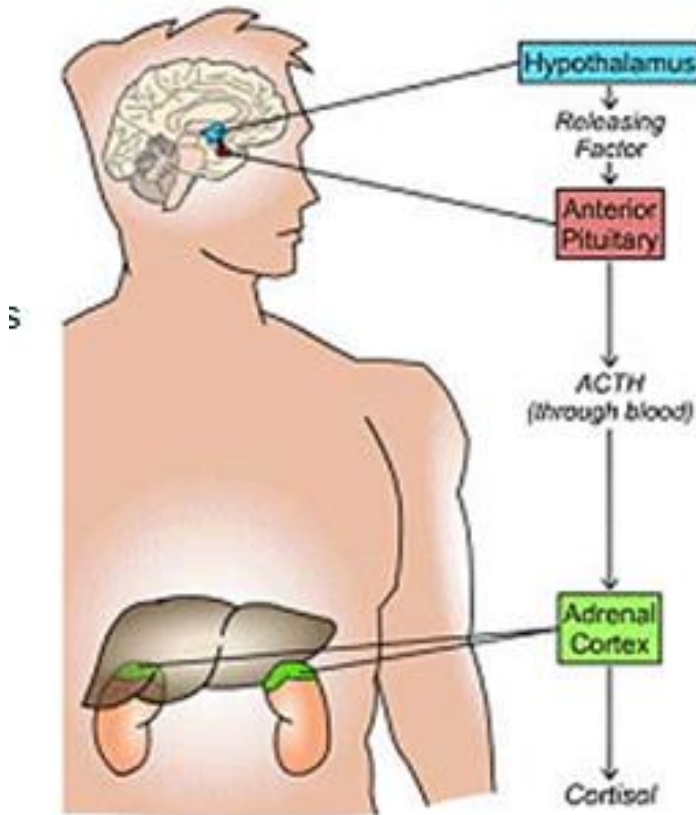
Professor Hyland's 'STOP  
programme':

[http://www.bodyreprogramming.org/  
HylandModel.aspx](http://www.bodyreprogramming.org/HylandModel.aspx)

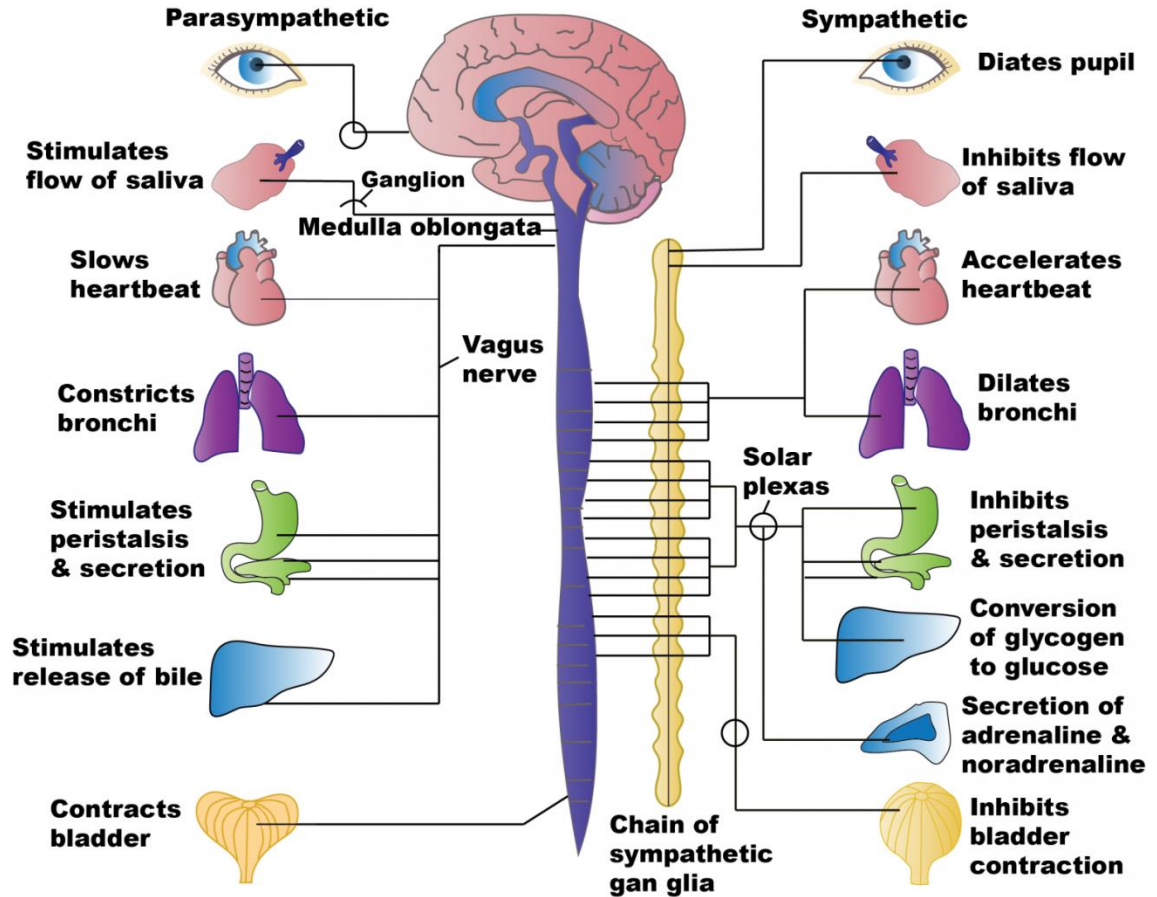
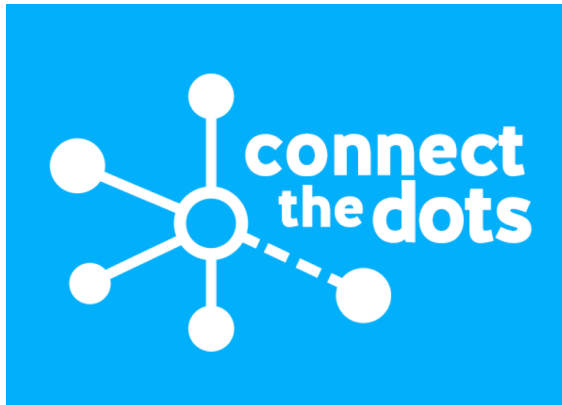
Can you see where the 'STOP  
programme' may have effected  
your health?



The HPA axis (as shown in diagram) is  
one of the major systems the body  
uses to assess for and respond to  
threat, it can create a **STOP** if threat is  
too great.



# Linking the evidence



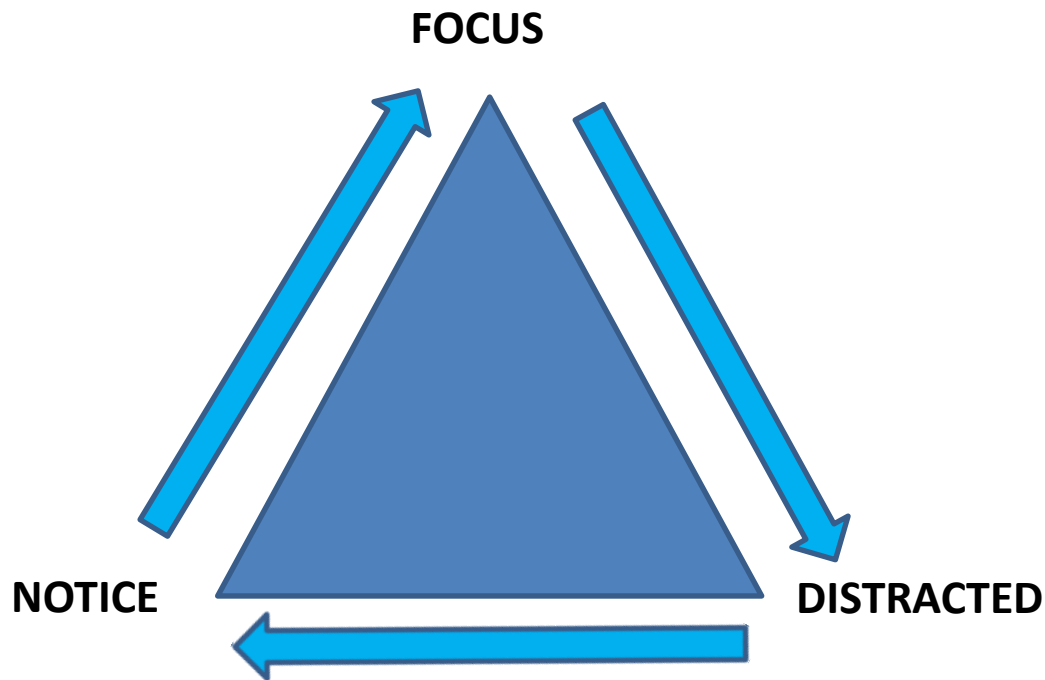
The Autonomic Nervous System connects every region of the body and mind. Does this help us answer our earlier questions, and explain why symptoms can be so widespread?



# Intro to mindfulness & 'grounding'

- The 'Mindfulness triangle'

<https://tinyurl.com/2vbdb7n9>



# Intro to Tai chi

- Shibashi style Tai chi can be a useful way to experiment with noticing;

*~how your body moves, and how this makes you feel,*

*and also...*

*~how you feel, effecting how you move.*

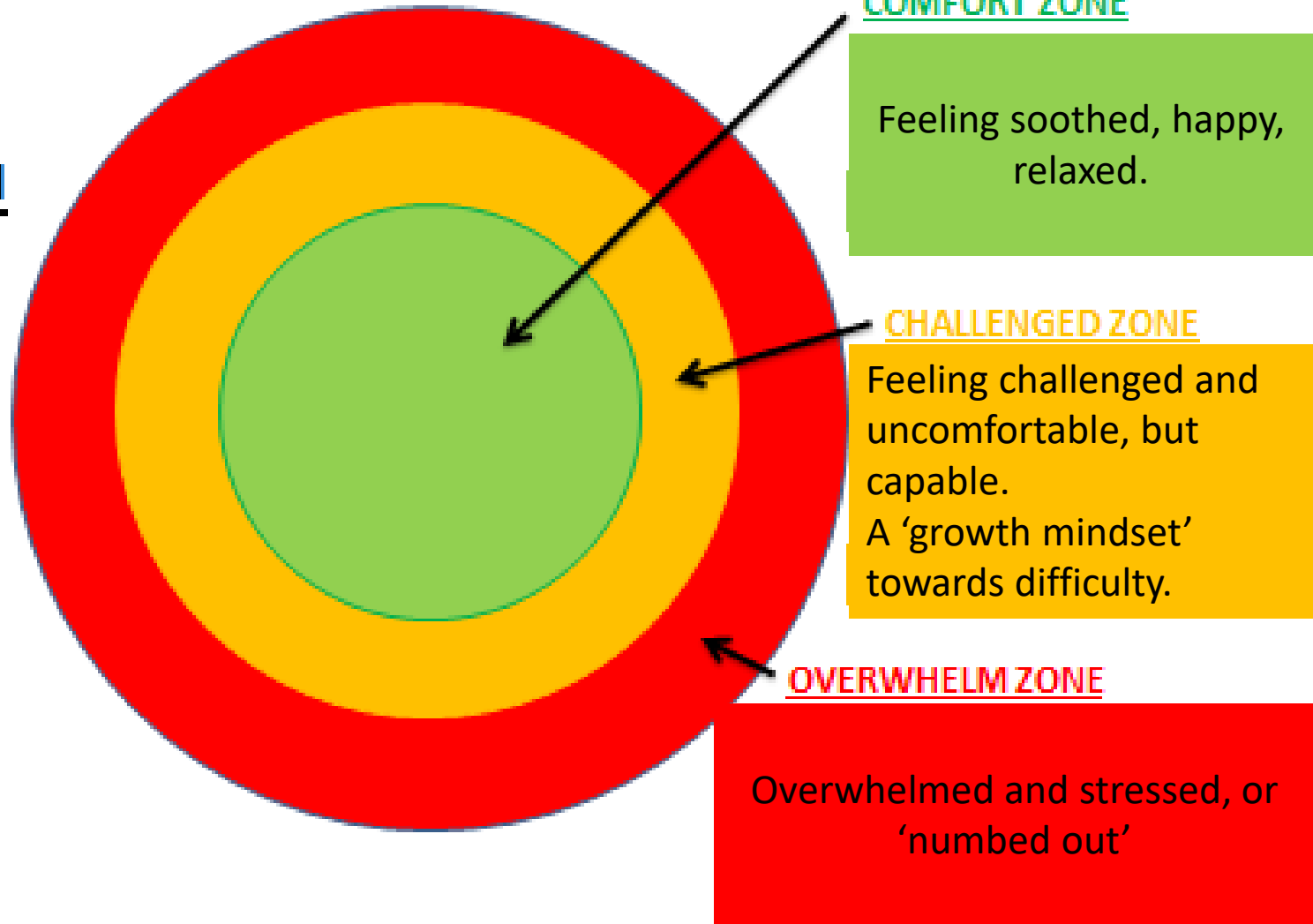


Illustrations by Andrew Benson.

- Use these links for more detail on our service website;
  - <https://www.dorsetpain.org.uk/Search/?q=tai+chi>
  - <https://tinyurl.com/2eudt88c>

# Checking back in.

Where  
are you  
now?



# What? So what? Now what?

After any kind of self-directed study it is helpful to reflect on the experience. Do you now have a different view on things, do you still have unanswered questions?

You can begin by asking yourself these questions:

- **What?** What did I learn from this training video, and how did I feel after listening (& *hopefully*) joining in?
- **So what?** How does this information relate to me and my needs?
- **Now what?** Can I use this information to make a plan of action, what do I need to do differently? Do I need further help?

Using these reflections may help you in further conversations with one of our team, or guide you in your own self-directed recovery plan.



# Thankyou

WHEN IT GETS TOUGH  
TURN AROUND AND LOOK HOW FAR  
YOU'VE ALREADY COME.

