

Welcome

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Self Directed Fibromyalgia Resources

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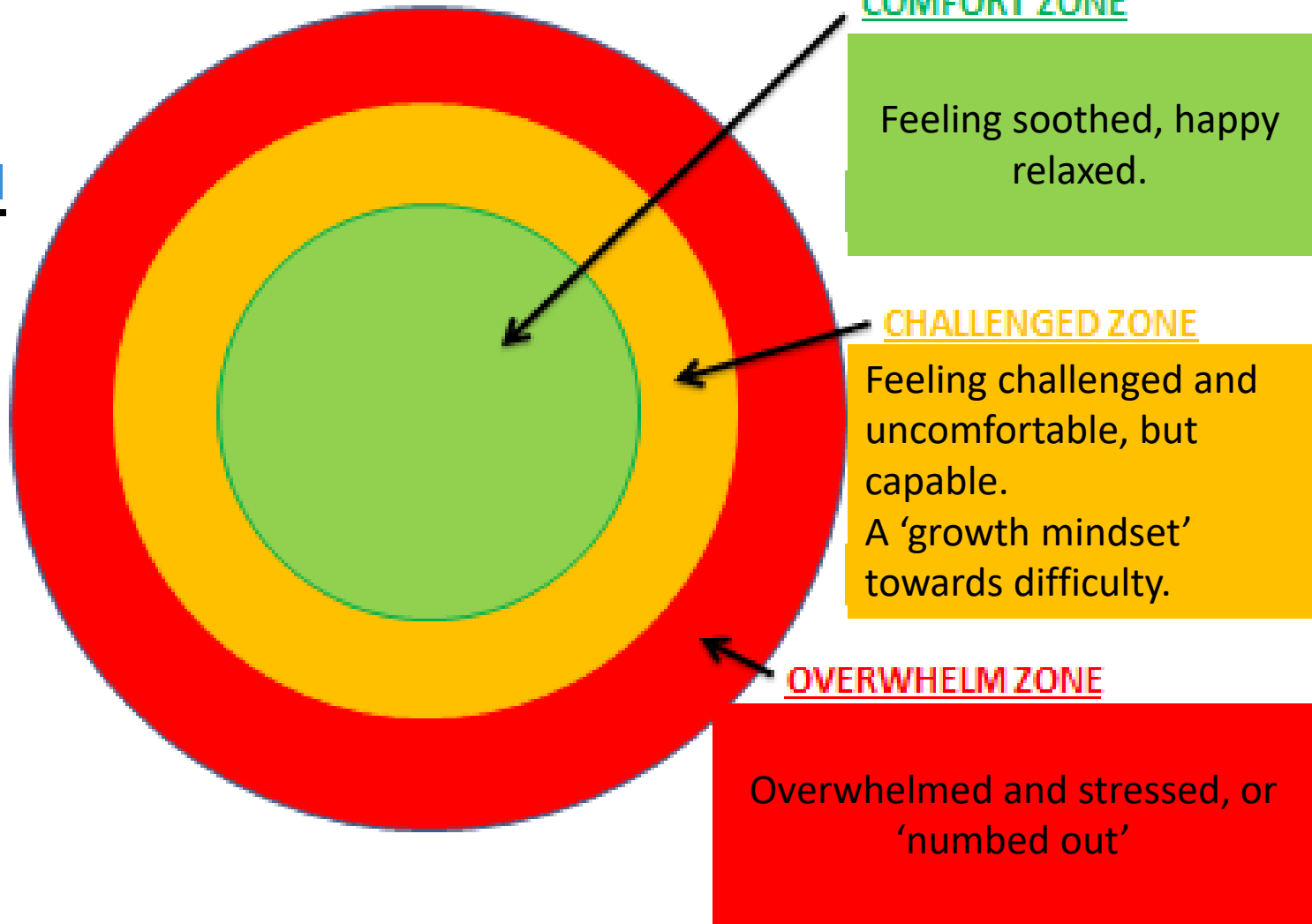
VIDEO THREE

Focusing on the 'Hardware'

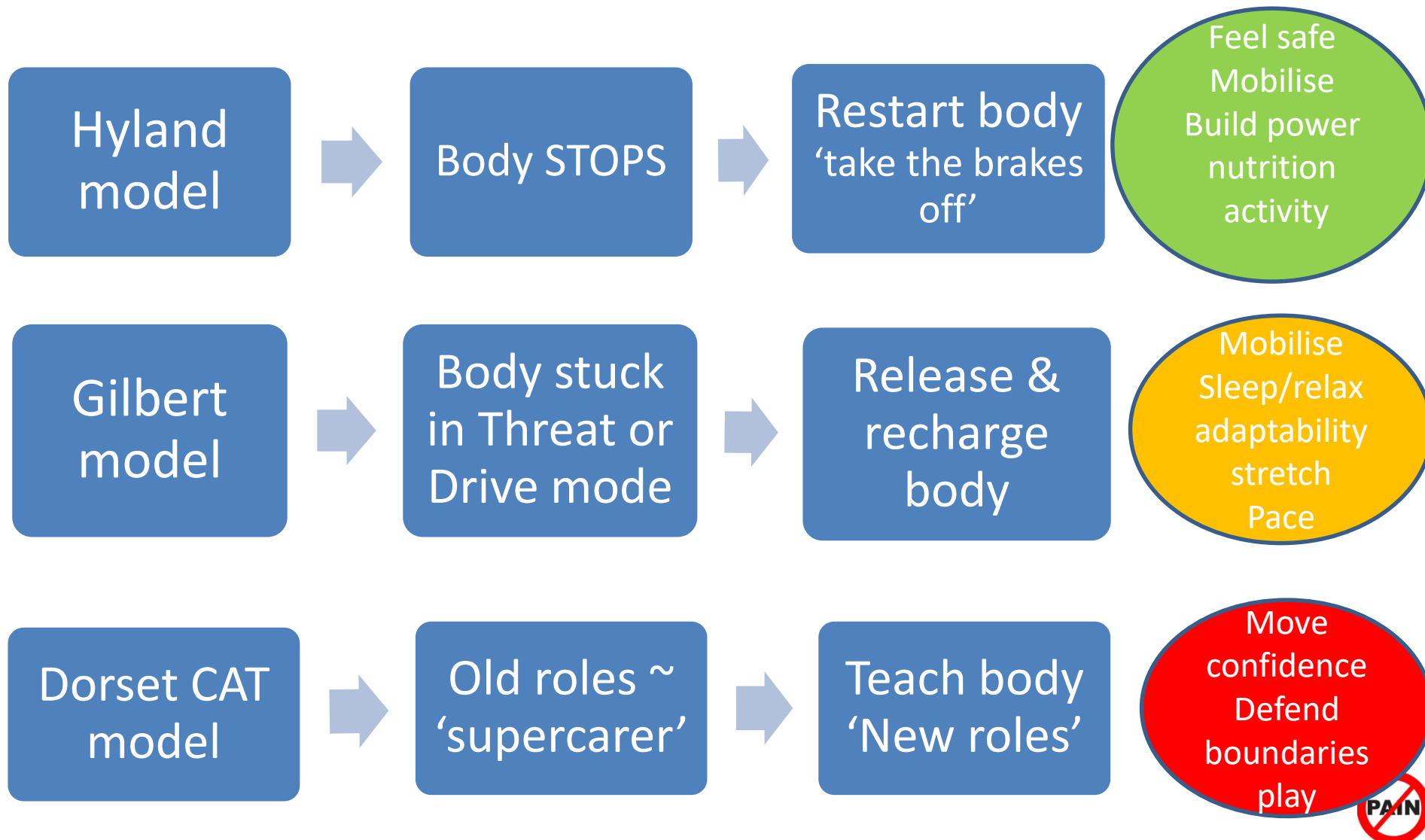


Measuring our state.

Where
are you
now?

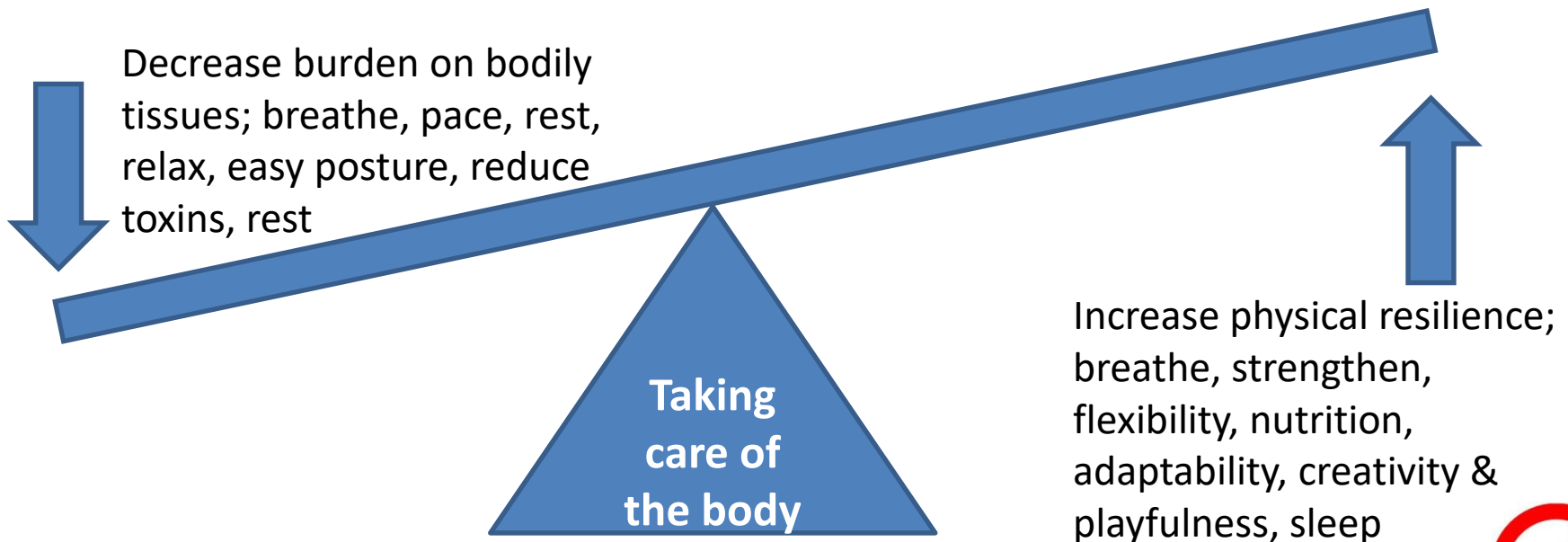


Using the models



Taking care of our physical selves

- Befriend your body ~ taking a caring approach
- Responding to bodily symptoms as best you can - not searching for a single miracle cure from one intervention.



Listening to our body 'Triggers' & 'Glimmers'.

- Body awareness;

Giving our body some kindly attention gives us an opportunity to notice...

- What is the body telling us when we try to move?
- What are our **triggers**? Are they only physical, or are there other threats the body is warning us of? Can we reduce our exposure to those triggers?
- Can we increase the pleasurable/healthy experiences for our body i.e the **glimmers**, and provide our body with signals of safety?



Caring for the 'hardware'

Movement and exercise



Nutrition as fuel



**Effective rest & sleep.
Energy management**



Exercise & movement



Exercise & movement: Breathe

- Breath is our best friend, it is essential for life.
- Effective breathing is restorative for the nervous system (PNS) i.e it can relax the whole body when done well, and help 'rewire the software'.
- Efficient breathing oxygenates our tissues, which provides fuel for self healing and repair.
- How to do it...
 - ~ Numerous techniques
 - ~ Basics: good posture to enhance chest expansion, inhale through nose, expand belly and ribs, let go of exhalation through the mouth.
 - ~ Practical: 'Box Breathing', for other info follow this link; <https://www.dorsetpain.org.uk/Search/?q=breath>



Exercise & movement: Strengthen

- Strengthening muscles allows them to support the weight of our body with more ease, less effort = ***less pain***.
- Building new muscle cells through strength exercise provides the body with more mitochondria. They then manufacture more energy within the body = ***less fatigue***
- Strength in our body creates a sense of 'safety in the system' helping the nervous system to be more resilient = ***less STOP signals***
- How to do it...
 - ~ Numerous techniques, find the right level for you.
 - ~ Basics: good posture, work just at your tolerance, choose useful activities
 - ~ Practical: for more info follow the links; <https://tinyurl.com/22suf9aj>
<https://www.facebook.com/DorsetPain/videos>



Exercise & movement: Soften & loosen

- Building flexibility by softening and loosening muscles allows you to perform functional activities with more ease, less effort = ***less pain***.
- Stretching muscles can allow them to soften and relax, relaxed muscles use less energy and hold less tension = ***less pain & less fatigue***.
- Feeling less tension and being more physically flexible creates a sense of 'safety in the system' helping the nervous system to be more adaptive = ***less STOP signals***
- How to do it...
 - ~ Numerous techniques, find the right approach for you.
 - ~ Basics: use comfortable postures, and allow your exhalation to soften into the stretch position. Don't force, strain, or push.
 - ~ Practical: for more info follow the links; <https://tinyurl.com/22suf9aj>
<https://www.facebook.com/DorsetPain/videos>



Exercise & movement: Toughen

- Cardiovascular exercise provides you with more endurance, meaning you can perform functional activities with more ease, less effort = **less pain.**
- Stretching muscles can allow them to soften and relax, relaxed muscles use less energy and hold less tension = **less pain & less fatigue.**
- Cardiovascular fitness directly provides ‘safety in the system’ as your body will be reassured by possessing healthy heart and lungs. Your nervous system is specifically tuned into your heart and lungs and responds to increased health with greater balance through the whole system = **less STOP signals.**
- How to do it...
 - ~ Numerous techniques, find the most enjoyable approach for you.
 - ~ Basics: higher intensity activity is required but can be done in very small periods, don’t force or exhaust.
 - ~ Practical: for more info follow the links; <https://tinyurl.com/22suf9aj>
<https://www.facebook.com/DorsetPain/videos>



Exercise and movement: Posture

- Efficient posture enables us to move, it is not rigid.
- Efficient posture is supported by supple and powerful soft tissues.
- Efficient posture should be balanced & grounded. Feel the weight of the body going down, and the height of the body reaching up.



'Reach for the sky'



Nutrition - fuel!

A well balanced diet is optimal for all, but the details of what is to be included/avoided can vary from one person to another. Completing a food diary can provide you with information specific to you and your dietary needs or dietary triggers.



The basics of a good diet;

Maintain good hydration levels

Reduce processed food and sugars

Aim for whole foods

Include low GI index foods

Include good quality protein

‘Eat a rainbow every day’

Plan and pace how to prepare your food!

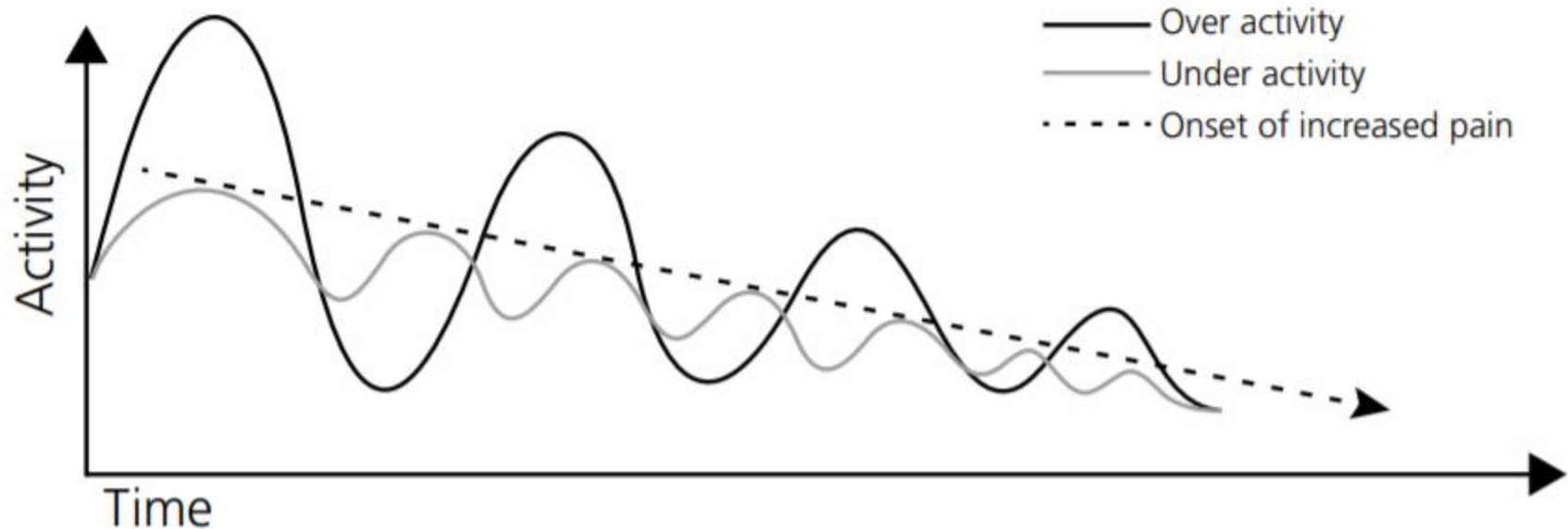


<https://www.nhs.uk/live-well/eat-well/>

<https://tinyurl.com/v79rs2ye>



Activity dose ~ Pacing activity



- Before FM Management; “I haven’t got time for pacing”
After FM Management: “Now I am pacing I get more done!”
- Goldilocks principle, where is the level just right?

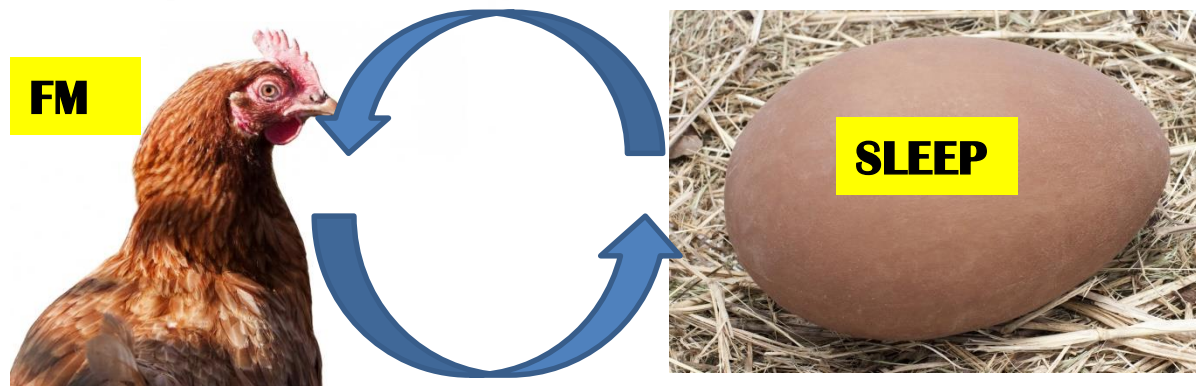
The importance of Sleep

I am really good at sleeping,
I could do it with my eyes closed



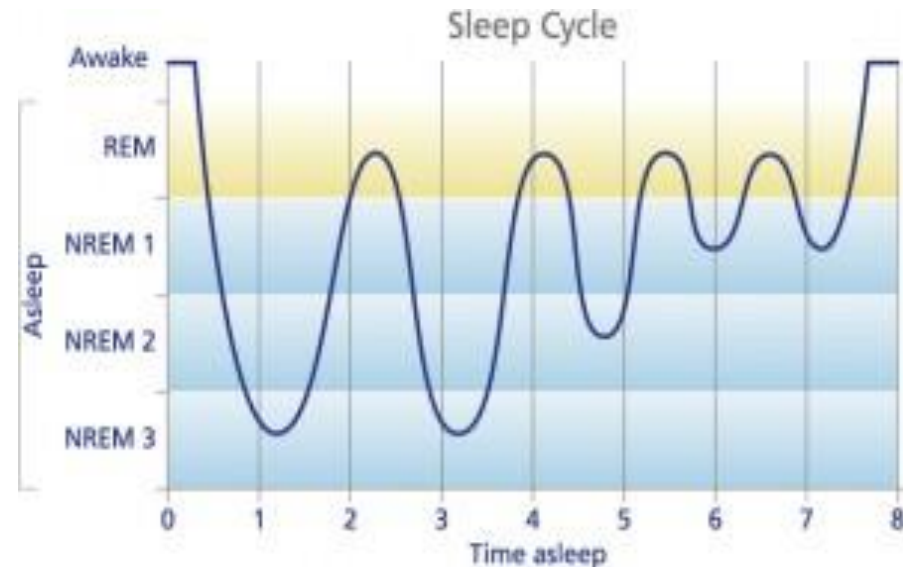
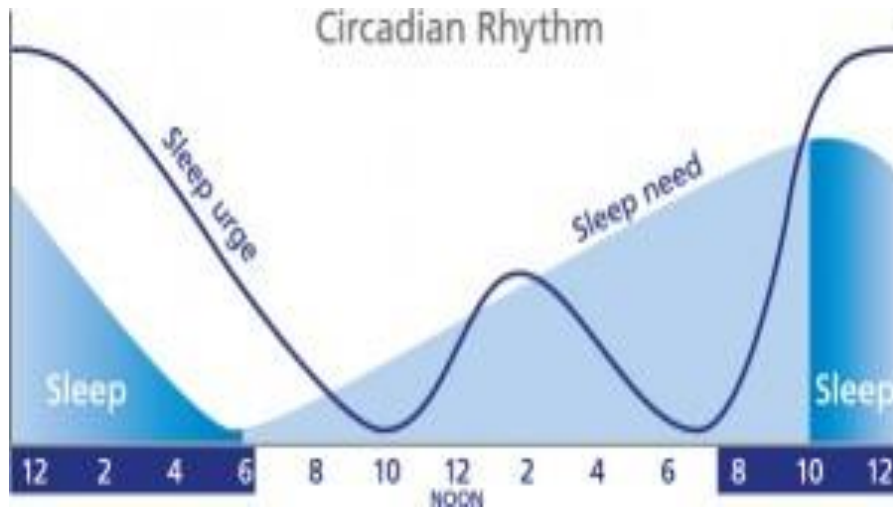
True rest - Sleep

- ‘My sleep is bad because of my FM’
 - Studies in the 1970’s showed;
 - Brain activity in sleep is disturbed in more than 90 % of FM patients, i.e. a physical change in the process of sleep in the brain.
 - Experimentally interrupting sleep in healthy volunteers can induce FM-like musculoskeletal pain and tenderness.



True rest - Sleep

- What is sleep?



- What conditions are necessary/helpful for sleep, consider 'sleep hygiene' <https://thesleepcharity.org.uk/>
- True rest, restorative sleep allows the 'software' to run it's 'anti-virus program' and rebuild safety in the system.

Finding sleep resources

<https://thesleepcharity.org.uk/>

SLEEP DIARY: MORNING



Complete each morning

START DATE:	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
What time did you go to bed last night?							
What time did you wake this morning?							
How long did it take you to first fall asleep (in minutes)?							

SLEEP DIARY: END OF DAY



Complete at the end of each day

START DATE:	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
How many caffeinated drinks did you have BEFORE 5pm?							
How many caffeinated drinks did you have AFTER 5pm?							
How many alcohol units did you have BEFORE 5pm?							
How many alcohol units did you have AFTER 5pm?							

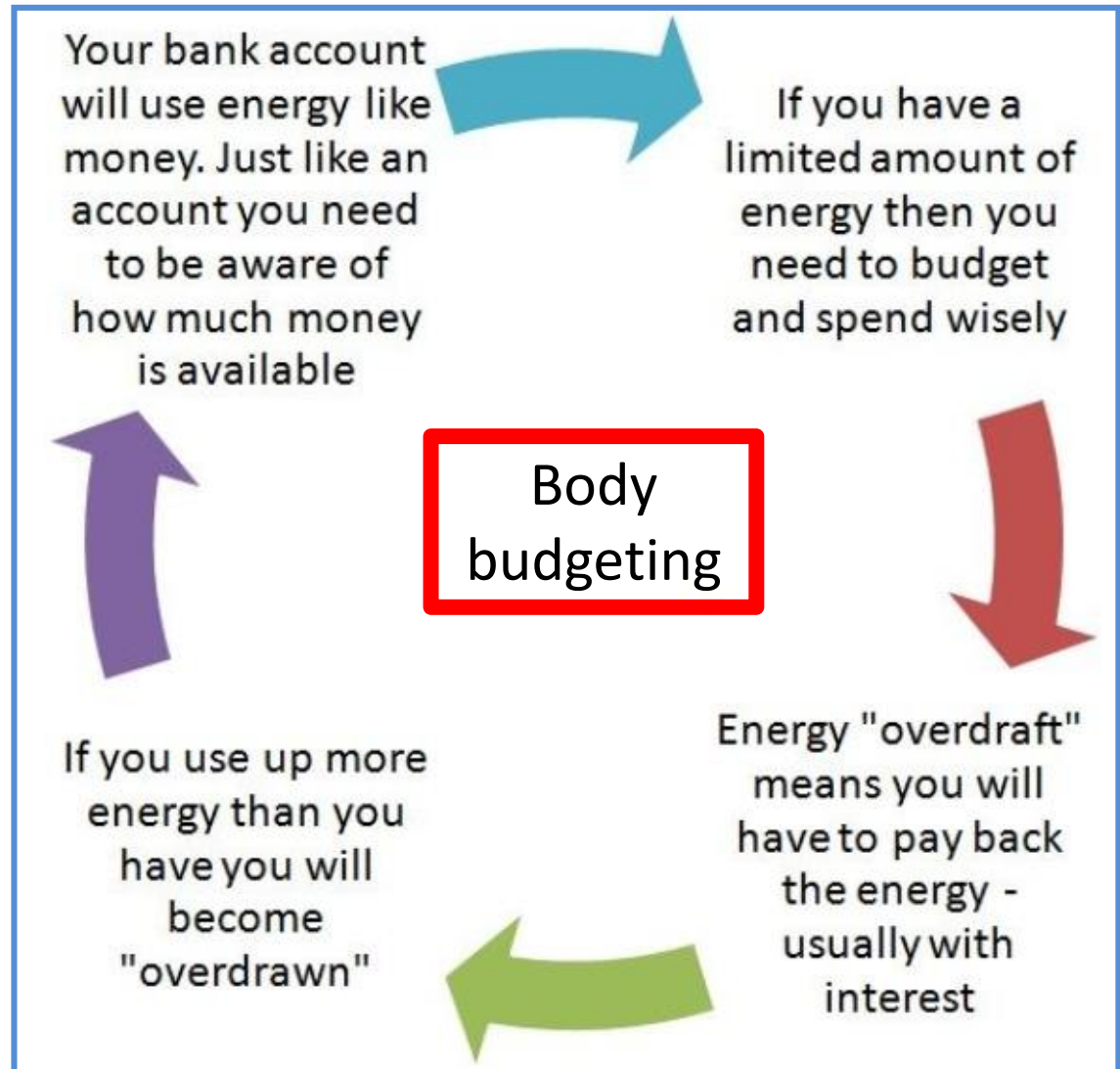


Rest & fatigue?

Consider your body
as if it were a bank...



There are many things
you may need to spend
your energy on; physical
and mental activities both
'cost' energy.



Befriending the body

Exercise to improve flexibility & function.

Exercise to build strength, stability, and resilience.

Exercise to increase energy levels

Quality rest & sleep to restore software

Friendly approaches



Exercise to improve body awareness & co-ordination

Paced activity to build trust in ourselves. 'Responsible ownership'

Exercise and nutrition to nourish organs of the body

Exercise to manage mood.

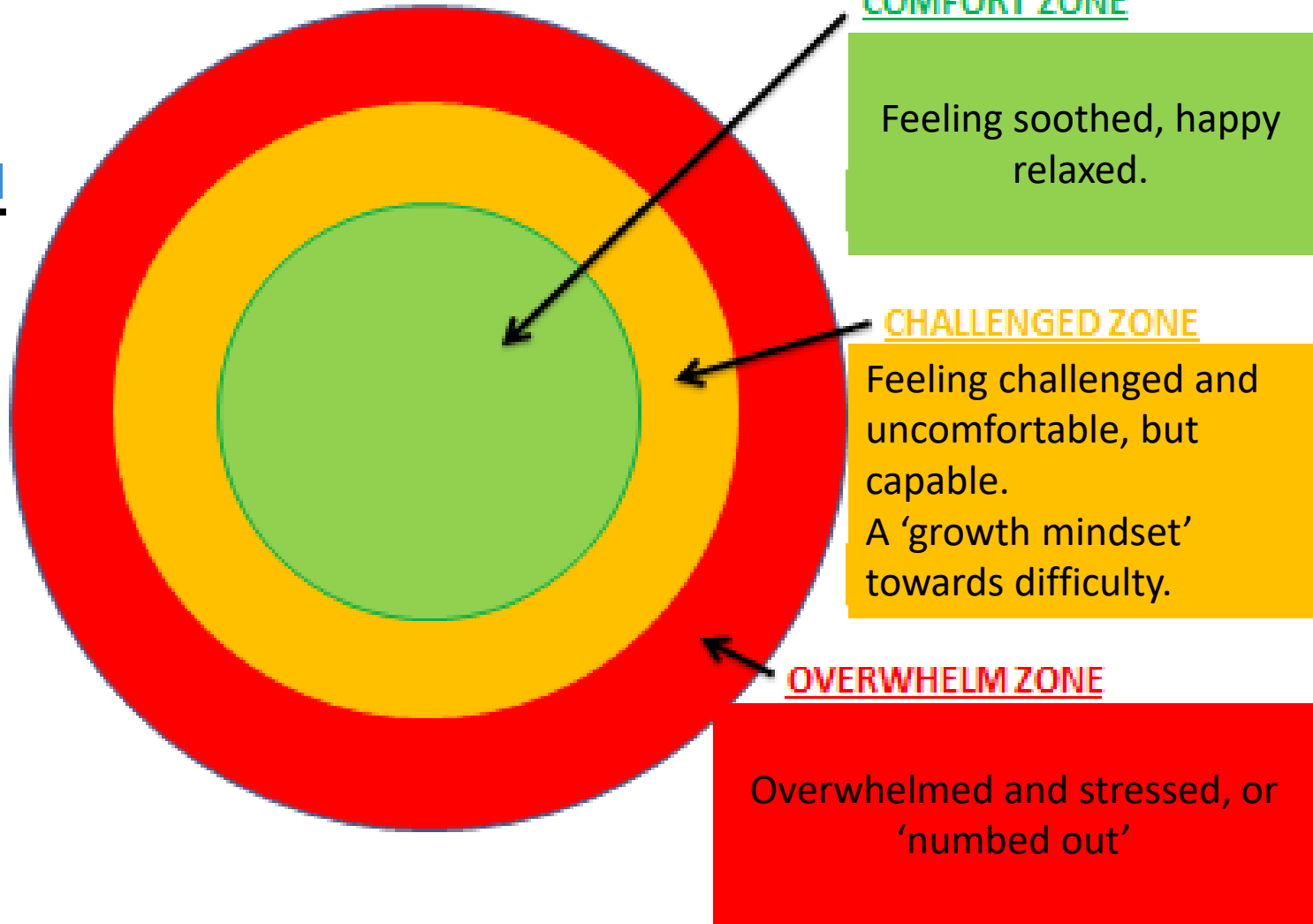
Exercise to reduce pain

Playful activity to experience pleasure and have fun



A quick check back in

Where
are you
now?



What? So what? Now what?

Remember to reflect on your experience after watching (& *joining in with*) video 3.

Here is a reminder of those helpful questions:

- **What?** What have I added to my understanding?
How do I feel after listening to the information shared?
- **So what?** How does this information relate to me and my needs? What information resonated with me?
- **Now what?** Where else do I need to make changes?
Do I need further help?

Thankyou

Man, is an indivisible
entity, an integrated unit
of mind and body.

Mike Mentzer

