



STOP Programme

'Hardware v software'. Problem with the 'software'- responding to messages from the outside. e.g. 's of body's software going wrong + FM, CFS, Central sensitisation.

Fatigue & pain- 2 useful components to make you alter your behaviour

- Acute pain= take hand out of fire
- Fatigue= have a rest

But, if you don't respond to these signals



Occurs gradually
over time. The body
gradually adapts.

**the body begins shouting to make you notice signals
pain and fatigue signals increase.**



Signals become fixed at this high level- the STOP signal has now become a STOP Programme!

'Flat battery'? Burnt out?- **NO** (Other symptoms- IBS, nausea, dizziness, 'brain fog')



**Body is actively stopping you from doing things- body is making you STOP!-
Throwing signals at you to stop you doing things- doing the best it can to stop you.**

- Why ignore the STOP signals?
- Social and work obligations- caregivers, altruism, not let people down, doing the right thing
- Experience of trauma, in a bad place, keep going. Don't want to, but no other option
- In a good place, good activities- don't notice pain or getting tired- but the body does

STOP Programme= active process. The brakes are on- but how to release slowly?

- **If push too hard and accelerate with brakes on, they will go on harder**
- **If do nothing, brakes will stay on and nothing will change**

How to release brakes slowly:



- **Teach the body the world is a safe place. Reduce stress and worry about the environment- the body must experience safety.**
- **Engage in activities which don't create STOP signals**
- **Teach the body that it is a good place to live in- that the world is a good place.**

Life circumstances can make recovery difficult, but it is possible.