

List of Activities

Activities which may help you:

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Disclaimer: Activities provided to you courtesy of I.T.Matters (Aus) network of supportive health professionals. They may or may not help you. Consider carefully. In doubt consult your therapist.

Relaxation Exercise

Mountain Posture for Befriending Your Body

**Informing your guests to close their eyes
and that they will be doing this exercise 3 times**

1. **Feet:** "Place your feet flat on the floor. And as best you can, feel your feet making contact with the floor"

Pause – Take 1-3 breaths

2. **Center** – "Bring your attention to the centre of your body, just below your navel and around to your lower back. As you are ready, gently bring one hand to the belly, just below your navel. Feel your hand making contact with the core of your body".

Pause – Take 1-3 breaths

3. **Top of the Head** – "Lengthen up through the top of your head. Feel your body lengthening"

Take 3 breaths before staring again

Ending:

**"Gently opening your eyes, if they are closed,
and make yourself comfortable in your chair"**

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Breathing Exercise

Breath Practice 1:

(Assuming Seated Mountain Pose)

- Take a moment to notice that you are in fact breathing (pause 1-3 breaths)
- Notice that breathing is very natural and is not something that you have to "make" happen (pause 1-3 breaths)
- Your breathing will come to you (pause 1-3 breaths)
- You may be breathing in and out through your nose or mouth, either way is fine (pause 1-3 breaths)
- Take a moment to notice the natural rhythm, the steady flow of your breath just as it is right now (pause 1-3 breaths)

Breath Practice 2:

(Assuming Seated Mountain)

use the text from the Breath Practice 1, then:

- Now, if you like, as another way of noticing your breath, you may place one hand around and just below your navel and your other hand just below your collar bone, over your heart (pause 1-3 breaths)
- See if you can feel some movement around each hand as you breath (pause 1-3 breaths)
- We do not have to control the breath here
- Simply allowing the breath and noticing, being curious about the movement around each hand with each inhale and each exhale (pause 1-3 breaths)
- Take a moment to simply notice any movement around each hand as you breath (pause 1-3 breaths)

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Eye Movement Desensitization and Reprocessing (EMDR)

A psychologist who attended one of the organised ASCA workshops mentioned EMDR as a technique to help our brain to integrate emotions and logic (ie the two hemispheres of the brain) when in crisis.

Place one finger in front of your eyes and move the finger from side to side. Force your eyes to follow the finger. This eye movement supposedly forces the brain to move from one side of the brain to the other – so if you are stuck in high emotions, it will bring back some logic and reason; and if you are stuck in the analytical mode, it will bring some emotional component. Try it, it might work for you.

Personal boundary exercise

This exercise is to be done in pairs.

1. The person who is trying to get to know his/her own personal boundaries (ie the distance which is a safe distance with another person before one becomes uncomfortable) and
2. The person who starts at a fair distance and will move forward a step at a time until the first person asks the 2nd person to stop moving.

After each step await the 1st person to give the go ahead to move forward another step.

Once the 1st person feels uncomfortable and no longer allows any step forward, the distance between the 1st and 2nd person defines the personal boundary of the 1st person.

This exercise was practised by the group and found very useful to visualise our personal boundary and to recognise some of the feelings when the boundary is trespassed and the space gets too small.

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