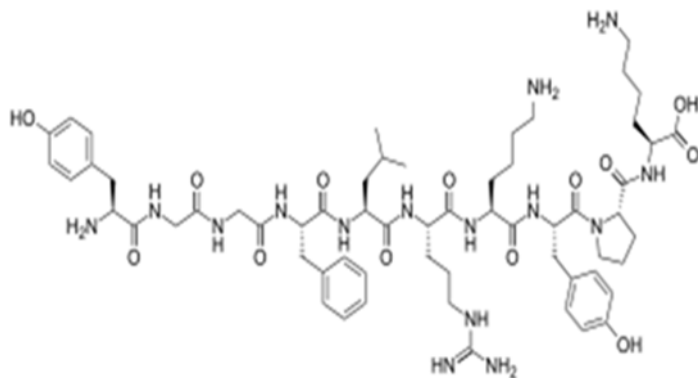


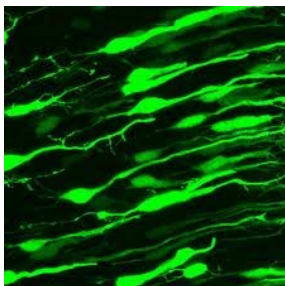
Blog 6

'We are all familiar with feeling low from time to time. But did you know that movement can help increase your wellbeing and prevent pain? If you stand up balanced between your two feet hip width apart with knees slightly bent, holding your head high, bending and stretching your legs and swinging your arms gently around your torso in a rhythm for a sustained period of time you will generate chemicals called **endorphins**.



Chemical structure of alpha-Neoendorphin

Endorphins zoom around you making you feel **less down** so you can do more. This increased activity level then results in a spiral upwards towards feelings of wellbeing.



Furthermore, these endorphins interact with the receptors in your brain that reduce **your perception of pain**, increasing still further your activity levels.

These are some of the reasons why courses in The BodyMind Approach® for people with who feel low, and have chronic pain for example, include some movement practices to support people with increasing their bodily wisdom in order to gain control of their physical symptoms.

Courses are especially effective for people who have physical conditions which are unexplainable. People with such long term conditions often feel low as well as stressed by their health condition. They have usually been for tests, scans etc but no diagnosis has been forthcoming. People who attend the courses have conditions such as ME; chronic fatigue; fibromyalgia; IBS; chronic pain; skin conditions; palpitations; panic attacks; numbness; dizziness for example. No one has to speak about their condition unless they want to.

Strong social support is important for people with these conditions as they often feel isolated. Joining a group course may, therefore, be more beneficial and provides emotional comfort, knowing that others are supportive of you.



So if you or a family member, friend or colleague has a persistent and unexplained physical condition - here is a great opportunity for you, or for them, to experience improved wellbeing and to learn to cope better with, and feel in control of, your symptoms.

The benefits to you include:

- A course tailor made for you to improve your wellbeing and quality of life
- Increased self-management of your condition in the future
- A change in your attitudes towards, and perceptions of, your symptoms
- Learning how to live well and cope better with your symptom(s)
- Feelings of support and connection in a friendly group setting
- A follow up individualised programme to help you to embed the changes in your personal life

The approach is based on research at The University of Hertfordshire, is proven in the NHS and approved by the Department of Health. Wellbeing care and support is provided in both individual and in group settings by dedicated Masters' level trained health professional facilitators.