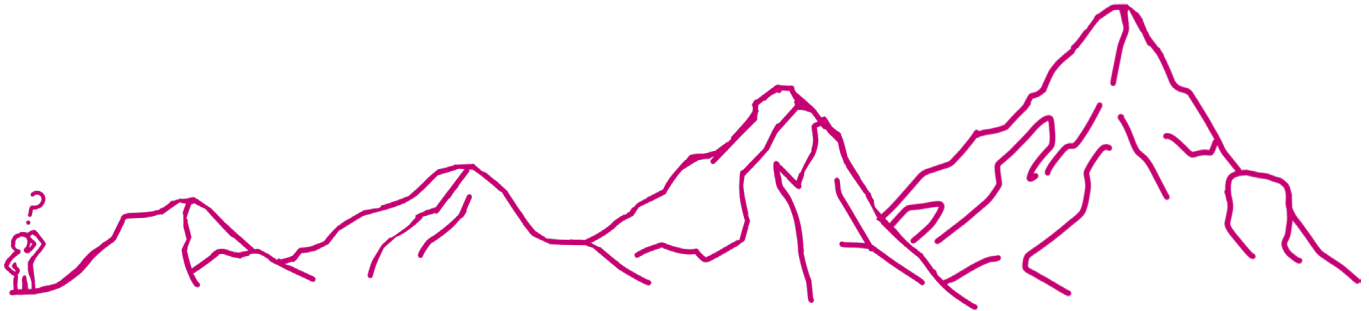


# YOU CAN'T MOVE THE MOUNTAIN

HANDOUT 1

(OR CAN YOU?)



## KEY THEMES

- Titration
- Interoception
- Self-Care

## Field Work Assignment

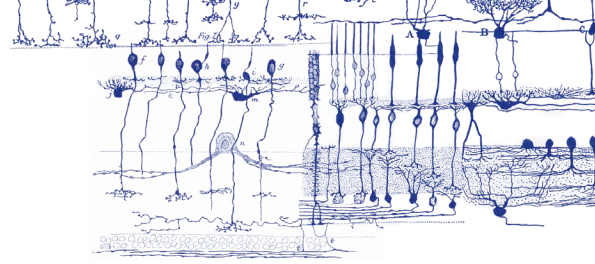
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### Self-Care Project

Our commitment and practice to our well-being and health is a titrated process and ever evolving.

To explore this further, you will partner with another SED Beta Module participant throughout our time together to undertake a self-care project.

You will each choose something that you have been struggling to incorporate into your self-care routine, or it can be something that you already do, but you'd like to improve upon it and gain more mastery (it can be a habit that you want to shift or a behaviour you want to change - see next page for examples).



## The chosen topic is NOT to be nervous system focused!

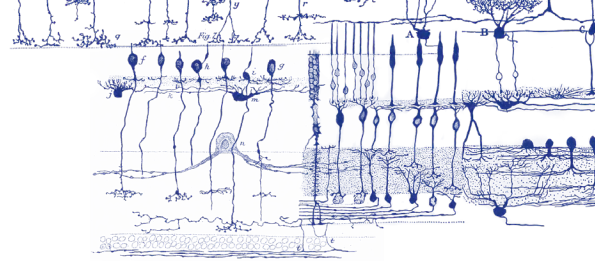
### YES. YOU READ THAT RIGHT.

This means that while you might be working with a somatic practitioner, or working through SBSM again, that does not apply to this self-care project.

This project falls into that First Stage of Neuroplastic Healing\* which revolves around things like:

- Exercise and physical activity (could be as simple as walking daily, or getting a fitness trainer, or doing YouTube exercises classes, etc.).
- A movement-based mind-body practice (yoga, tai chi, a martial art, as a few examples that would fit here).
- Nutrition-based shifts (learning how to cook better, better meal preparation, etc).
- Detox protocols for better internal health (different forms of hydrotherapy for example).
- Improving your connection with nature, grounding practices.
- Improving the health of your immediate environment.
- Sleep hygiene (improving your circadian rhythms, etc).
- Anything else that comes to mind?

\*As a reminder, this first stage of neuroplastic healing, as referenced in Norman Doidge's book, *The Brain's Way of Healing*, means that the general functions of the nerve cells (all the cells) are getting what they need to properly function at the base level. Along with proper blood flow and nutrition, ensuring the system is free of toxins and other irritants that could influence cellular health and metabolic health is what he is talking about here. While you do not need to become a nutritionist, exercise trainer, or detox coach to do this work, it is important that we have a well rounded understanding of these elements, and that WE ourselves are creating as much health and harmony in our personal system as possible.



## Throughout the entirety of our Beta module:

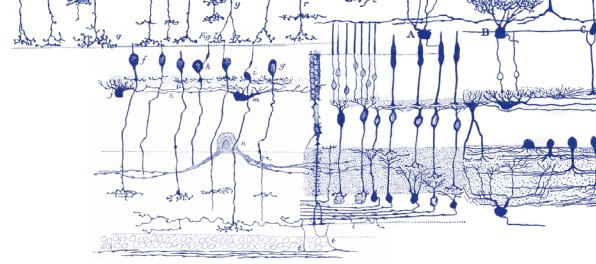
- We ask that you document and track your experience as you work with your project.
  - » What do you become aware of during the training? (Resources, resistances, tools...)
  - » How does your relationship with your internal barometer shift or develop?
- We would also invite you to check in with your partner once a week to provide one another with the opportunity to reflect, acknowledge and perhaps support, making adjustments as needed. This could happen via email, text, phone.
- It goes without saying to be respectful to your partner and their experiences.
- Bring into the field of your communication your nervous system lens - especially in regards to empathy, social engagement, noticing survival responses that might arise, and meeting them where they are at.

## Need any help with your Self-Care project and finding resources on topics that you are not familiar with?

Post in our SED program site forum and ask for help. Irene will also keep an eye out in case she can offer any assistance and areas you can look into for more support and guidance.

## Reflection

1. How might you apply and integrate titration and pace in your professional or personal contexts?
2. Document how ‘following your impulse’ from week to week contributes to your regulation and self-care. What do you notice?



## Application & Integration

*In the box above, jot down how this week's material and learning can be applied to both your personal life, professional scope of practice, and/or future scope of practice.*

### Homework

In preparation for week two, you will need to be fluent with the content and language from the Biology of Stress Video Training (that's within SBSM). We will be doing an activity in our group that will put the theory to the test. Don't worry, it's going to be fun!