

MINDFUL MOVEMENT

WHAT IS Mindful Movement?



Mindful movement is the practice of focusing your attention on the movements of your body through physical activity as well as your breath. Through movement we can become aware of our feelings and thoughts, acknowledge them, and gently bring your attention back to the movement.

BENEFITS of Mindful Movement:



Explore the edge of discomfort in a movement.



Understand the difference between feeling the movement and doing the movement.



Turning up the volume of the sensations in the body and down in the mind.



Appreciating the fluctuations in life through movement.



Discovering how to be mindful of your body when in motion during everyday activities.



KEY POINTS of Mindful Movement



Visualizing movement of the body can change the way the highways in the brain are organized.

Movement affects both the body and the brain.

Sensitization and habituation are two concepts that help us understand pain and when applied to movement can help to change pain.

Applying pain education through movement.

Changes in the body can enhance or support the changes in our thinking when we practice mindfulness.

TIPS: Explore graded exposure to movement at home

REPEAT!

You may find you are able to poke into the discomfort for a little longer.

Pick a movement that you like but creates some pain. Slowly start initiating the movement to the edge of discomfort.

Back off that movement and ask yourself how you feel. Check in with your body.

Return to the edge of discomfort and hang out here for 5-10 seconds and consider what you are feeling.

You may find that you have fewer flare ups or the intensity has decreased.



Repeat for 1-3 minutes and try do this every hour that you are awake.

Check in with your body and see if the discomfort has decreased.

Bring your attention to your breath, release the breath, relax your muscles, tense your muscles when you are at the edge of discomfort.

LEARN MORE about Mindful Movement

The Mindful Movement Community - www.themindfulmovement.com

Restorative Conversations - www.restorativeconversations.ca/resource/audio-mindful-movement

The Free Mindfulness Project - www.freemindfulness.org/download

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