

RESILIENCE RX™

A free resource

DANCE/MOVEMENT THERAPY

*Why moving
your body
improves
your mood*

*10 easy ways
to move on
your own*



IGI INTERNATIONAL
GRIEF INSTITUTE
INVESTING IN COMMUNITY RESILIENCE

RESILIENCE RX™

Self-care techniques

The science behind why they work and
how to implement them in everyday life



This free resource is designed to provide self-care techniques to support the bereaved with the understanding that the International Grief Institute is not engaged to render any type of psychological, legal, or any other kind of professional advice.



INTERNATIONAL GRIEF INSTITUTE, LLC
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Dance/Movement Therapy

“ When you dance, your purpose is not to get to a certain place on the floor. It’s to enjoy each step along the way.

DR. WAYNE DYER

Benefits of dance/movement therapy:

Feelings can influence your movement, and movement can impact your feelings (and change your brain).

When we feel tired and sad, we tend to move more slowly. When we feel anxious, we may either rush around or become completely paralyzed.

If you tend to shut down when you’re under stress, stress-relieving activities that get you moving yield many positive benefits.

Why it works

Movement is one of the most basic functions of the human body, making it easy to find ways to incorporate motion into daily life in a way that feels good.

Dance/movement therapy (DMT) uses movement to help achieve emotional, cognitive, physical and social integration. Dancing benefits us both physically and mentally through stress reduction, mood management, increased mobility, decreased muscle tension, and more.

Dance/movement therapy can be used with all populations and with individuals, couples, families, or groups. In general, dance therapy promotes self-awareness, self-esteem, and a safe space for the expression of feelings.

Motion and emotions are interconnected

The creative expression of dancing is commonly used to treat physical, psychological, cognitive, and social issues such as:

- Chronic pain
- Childhood obesity
- Cancer
- Arthritis
- Hypertension
- Cardiovascular disease
- Anxiety
- Depression
- Disordered eating
- Poor self-esteem
- Posttraumatic stress
- Dementia
- Communication issues
- Autism
- Aggression/violence
- Domestic violence trauma
- Social interaction
- Family conflict

Enhances your mood

Moving your body improves your mood, and helps combat anxiety and depression. Data show that exercise provides these benefits both in healthy individuals as well as those with diagnosed emotional disorders, regardless of sex and age.

Healthier Lymph

The lymphatic system is an important part of your body's immune system. The lymph system is a series of channels and nodes dispersed throughout the body that move lymph fluid. Lymph fluid contains infection-fighting white blood cells throughout the body.

Unlike the circulatory or respiratory systems, the lymphatic system does not have a pump. It relies on your motion to circulate lymph fluid around the body. Each time you move large muscles of the body, you help pump lymphatic fluid through your body, keeping your systems circulating.

Healthier Bones

After your thirties, bone mass starts to decline. When your muscles push and pull against bones, this helps to build and preserve bone mass. Any sustained activity such as walking, dancing, or taking the stairs, helps to build bone mass.

Enhanced Brain Health

Exercise improves cognitive performance for people of all ages. In one study, children who participated in physical activity demonstrated increased electrical activity in the brain, as well as improved mental accuracy and reaction times. Another study confirmed that a healthy workout routine early in life may help to predict your level of cognitive decline later in life.

Improved Sex Life

Exercise through dancing improves arousal and satisfaction for both men and women. For men, not only does increased blood flow improve sexual function, but regular exercise also helps with psychosocial factors such as mood, stress, and confidence. For women, regularly moving the body may help to increase sexual function and arousal related to increased endorphins.

Alternative options to dancing:

- Run in place or jump up and down.
- Stretch or roll your head in circles.
- Go for a short walk.
- Squeeze a rubbery stress ball.
- Window shop
- Gardening
- Stretching
- Grocery shop with a basket instead of a cart
- Romp around with the kids or grandkids
- Walk, bike, or hike.



A word about resilience



Life doesn't get easier or more forgiving,
we get stronger and more resilient.

JAMAIS CASCIO

What is resilience?

Resilience is the ability to adapt to life difficulties—including loss of a loved one. Building resilience through strategies that support the brain, body, and emotions during difficult times can help reduce the damaging effects of grief.

The goal

The goal of Resilience Rx™ is to offer self-help techniques that trigger positive hormones—dopamine, serotonin, and oxytocin—to help support you as you learn to move forward with your loved one in your heart.

How do you strengthen resilience?

The first step is to take good care of yourself. We can't always predict loss and other stressors, but practicing self-help techniques that tend to our physical, mental, emotional, and spiritual needs can help us to weather the storms.

There are multiple ways to trigger positive hormones. Use this Resilience Rx™ resource as one of your tools in your self-care toolbox to help lift your spirits and soothe your heart when mourning the loss of someone you love.



Bonus tips

“ Every day is a bonus.
GEOFFREY BOYCOTT

More self-help techniques to help with grief:

- Chew gum
- Stomp on bubble sheets
- Meditate
- Pray
- Change the channel
- Take up a craft that requires repetitive hand motions such as beading, knitting, clay modeling, chocolate making, woodworking
- Yoga
- Deep breathing
- Kiss
- Acupressure
- Listen to music
- Watch a viral video
- Paint the walls
- Plant flowers
- Weed
- Deadhead the roses
- Dry skin brushing
- Buy a plant
- Get a pet