



Musical Nutrition for Resilience and Growth



Workbook & Guidebook

About Musical Nutrition for Resilience and Growth

This is a really unique program that brings together the best of evidence based creative therapies.

Who is this for? This program can be used to support general mental health and wellbeing, as well as address trauma, depression and anxiety. We are neuro-inclusive! So this program also includes specialised modules for Neurodiversity (Autism, AuDHD, ADHD).

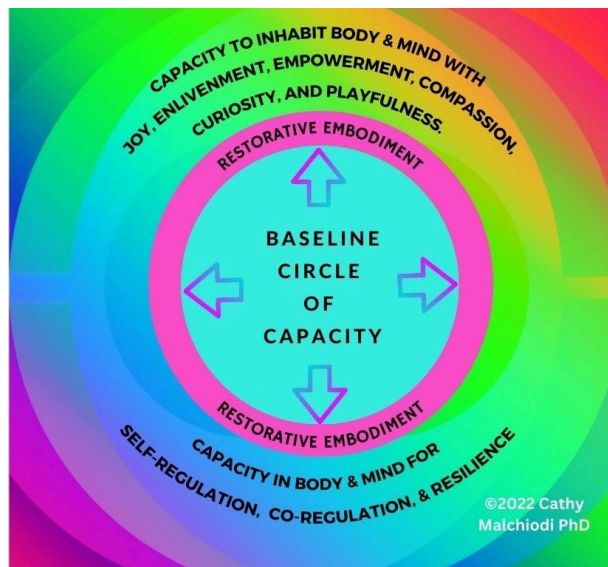
Background

This program uses the Musical Nutrition Method™ which includes 4 main 'Musical Nutrient' areas: MIND - BRAIN - BODY - SOCIAL. We'll work with tools and practices in each domain. By supporting yourself holistically, you'll step by step be able to reduce your symptoms and change your life through personal growth.

I'll be Coaching you through 'Self-Intervention' so learning the tools to self-regulate, build your wellness practice, or build your brain-based recovery plan. Your Coaching/Therapy will be personalised to your needs. But an essential part of this is you building your wellness/healing tool kit. Learning what your needs are and how to support them yourself. It's an empowered path, based in neuroscience. The brain learns through 'doing' by doing things different we learn how to do and be different...talking along is not enough.

We work with the "Circle of Capacity"

In Expressive Arts Therapies rather than working with your 'window of tolerance', we work with the 'Circle of Capacity'. The personal growth we're seeking in this program is directly aligned to building your 'capacities'. See diagram below by Dr. Cathy Malchiodi:



I don't want you just to get better to get back to work, or just 'coping strategies, this is about Restorative Embodiment. I want you to discover how to inhabit your body and mind with joy, enlivenment, empowerment and compassion. Restorative Embodiment is built on self-regulation (hence why I'm Coaching you through tools), co-regulation (why we'll do workshops together) and resilience...which is what we're building through this program.

Creating Your Own Expressive Resourcing!

We're going to be building a creative practice that you can resource for your wellbeing. Although I'm giving you a lot of activities in the program, I'd like you to have a look at the table below. The table comes from 'Expressive Arts Resourcing'. See which ones of these you take most to and would like to try at home or explore more with me in our sessions.

 MOVEMENT	 SOUND	 STORYTELLING	 SILENCE
MOVEMENT DANCING YOGA BILATERAL MOVEMENT SENSORY INTEGRATION ENERGY ARTS CULTURAL PRACTICES LABRYNTH PLAY	SOUND SINGING DRUMMING PLAYING INSTRUMENTS HUMMING CHANTING/PRAYER VIBRATION LISTENING	STORYTELLING ENACTMENT DRAMA ROLE PLAY IMPROVISATION VISUAL ART CREATIVE WRITING LYRICS JOURNALING EMBODIED NARRATIVES CEREMONIES/RITUALS	SILENCE MINDFULNESS MEDITATION CONTEMPLATION ART MAKING YOGA LABRYNTH WALKING FELT SENSE INTEROCEPTION WITNESSING ARTS

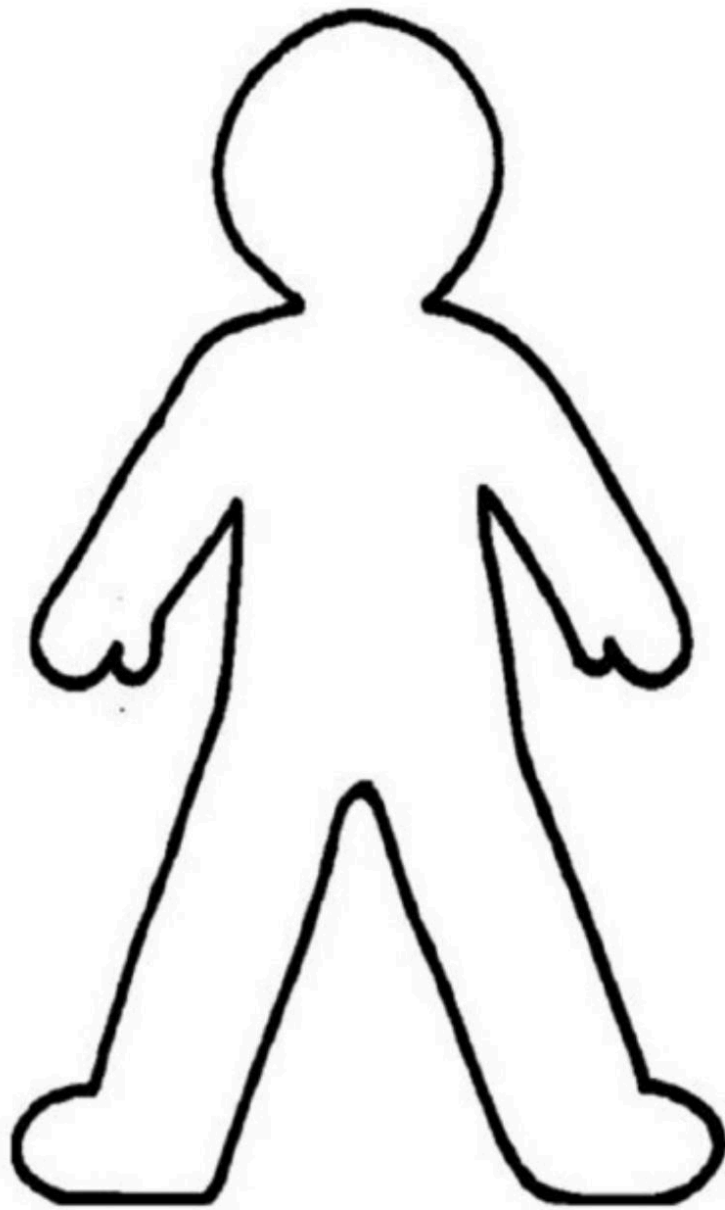
Workbook Section:

This Workbook contains the activities which we'll be doing together these next 6 weeks. You can also feel free to print them out, reuse them and do them at home for yourself.

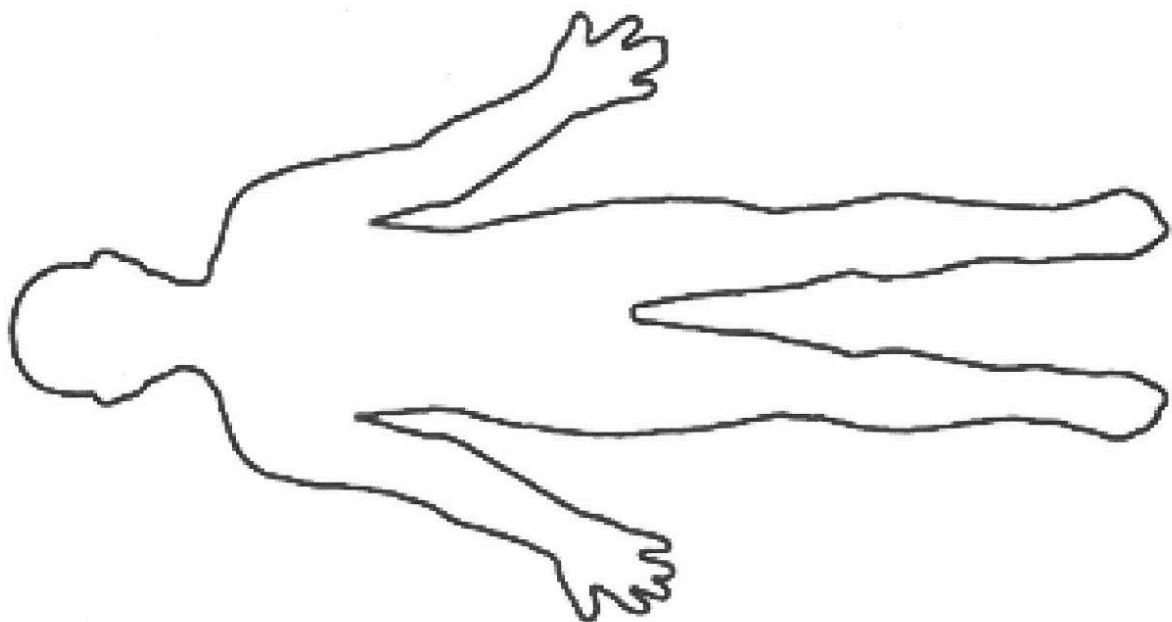
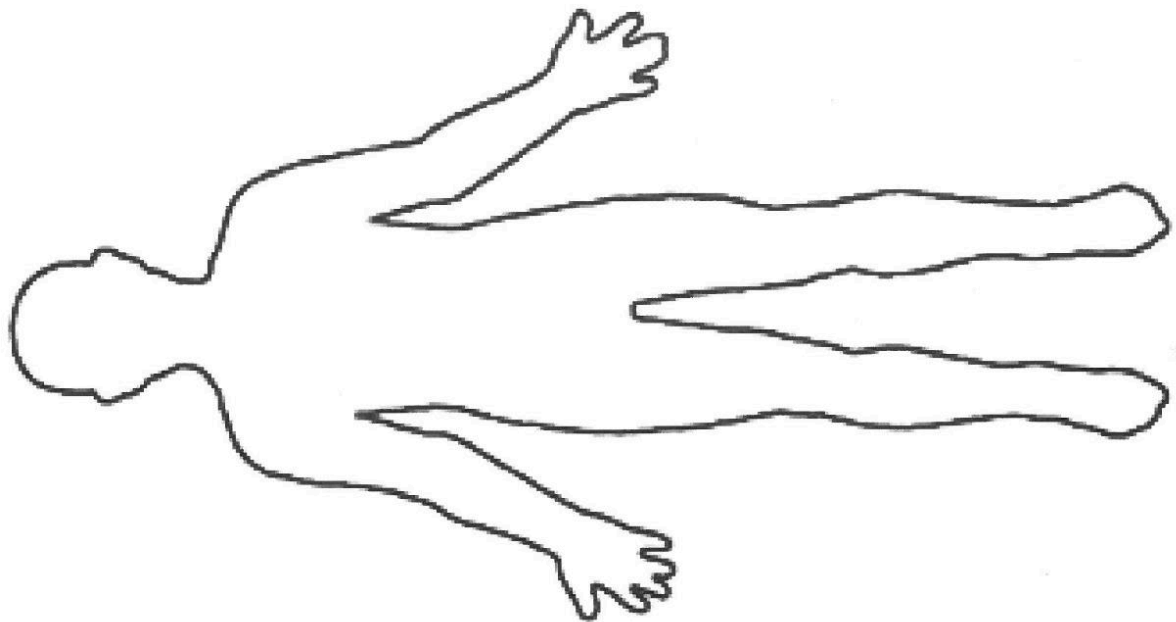
Activity 1: Body Map

We're going to constantly be doing Body Maps. You can draw your own or print out the following images below.

One sided Gingerbread Man Body Map:



Double Sided Body Map to track sensations on the front and back of the body



In this kind of Creative-Sensory work we are constantly tracking our body's sensations before, during and after our creative/therapeutic activities. So the job is to track your body sensations before and after an activity. Feeling maps and 'felt states' are now being scientifically studied. See if your body maps have any resemblance to the felt state diagrams below:



If you're interested in the full scientific paper you can [click here](#)

Activity 2: Boundaries

Overwhelm, anxieties and meltdowns in fact go hand in hand with improving our Boundaries. In order to implement Boundaries we need to know 3 things: 1. Needs, 2. Triggers and 3. Values. Here's a bit more info to help you along:

Needs - These are things you need in order to feel good emotionally. Needs could be, the need to be seen, to be understood, to be listened to. Needs can also be things like: the need for alone time, need for sensory support like aroma or a weighted blanket, the need for silence or devices off.

Triggers - These are the things that set you off. The things you react to, get upset about, or immediately agitate you.

Values - These are the things that are important to you. Maybe it's honesty, kindness, integrity, friendship, time with family and/or having fun! These are the things that if you don't do them you feel out of alignment with yourself. Boundaries are also about prioritising what's important to you so write down what's important to you in the Values box.

Fill out the table below with your Needs, Triggers and Values.

Needs	Triggers	Values

Who and what do you need to say no to in order to prioritise your values? What environment or person or thing do you need to have a boundary around in order to honor your needs? What person or place or conversation do you need to avoid in order to avoid your triggers?

We'll go through this more in our sessions. But knowing your Needs, Triggers and Values are the basis of having good boundaries. So start to reflect on those.

Activity 3: Creating Needs Cards

Often our needs aren't visible or understandable to those around us. And because they don't understand or are not aware of our needs they are not able to meet them. You can get some paper or make these digitally, however you prefer.

Write down one need on each card. Write the need on the front of the card. On the back of the card write down a) how it helps you and b) how you struggle if you don't get it.

Here are some Examples:

Front of Card: Need Sensory time with aromatherapy and bodywork

Back of Card: Helps me ground, release anxiety / Anxious and easily triggered without it

Front of Card: Need a Hug/Cuddle

Back of Card: Helps me feel better / Get down without it

Front of Card: Need alone time

Back of Card: Helps me reset and digest / Too overwhelmed by people

You don't always have to show the back of the card. But sometimes it helps to do that if the person doesn't understand or wants to know why. The key thing is you start making your needs visible. Making a simple set of card or digital cards where your need is clearly written on them

helps make the invisible visible and also helps you to be heard and understood (and better supported) by those around you.

Activity 4: Self-Intervention

The basis of going from anxious/overwhelmed to being more in control is knowing how to intervene for yourself. It's about **how you learn to change your felt state At Will**. Noticing what you're experiencing and learning how to intervene for yourself. So let's map this out. Below you'll see a picture of a thermometer.

At the bottom of the thermometer write down the states of mind/things you experience when you're doing well and there are only mild annoyances.

At the top of the thermometer write down the states of mind/things you experience when you're really upset.

Fill in the thermometer on the states of mind/things you experience in between those.

Then next to each one write 'What you do'. Meaning what do you do, when you notice yourself getting upset or agitated or triggered. How can you intervene, respond to it, and/or do something to change your state?



The activities in the program are all self-interventions...which means they are designed to be safe for you to do at home without a specialist or doctor. So start trying some of them out and see which ones you seem to like/benefit from the most.

We'll be going through all of this in our sessions together, so don't feel as if you have to get it all right. But make a start on it and start reflecting.

Any questions you can write about it in the Forum or talk to me about it in our next session.

You're doing great! I'm with you all the way!

Take care and speak soon,
Julene
NMT, MA, CERT, PT, Coach