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INTERNATIONAL GRIEF INSTITUTE

# RESILIENCE RX™

## DANCE/MOVEMENT THERAPY

### Self care techniques for the bereaved

The science behind why they  
work and how to implement  
them after loss



An iCare Aftercare™ resource  
International Grief Institute

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## BENEFITS

Feelings can influence your movement, and movement can impact your feelings. When we feel tired and sad, we tend to move more slowly. If you tend to shut down when feeling stressed, stress-relieving activities that get you moving yield many positive benefits.

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



## HOW IT WORKS

- ✓ Enhances your mood
- ✓ Healthier lymph system
- ✓ Healthier bones
- ✓ Enhanced brain health
- ✓ Improved sex life

## WHY IT WORKS

Movement is one of the most basic functions of the body, making it easy to find ways to incorporate Dance/Movement Therapy (DMT) into daily life in a way that feels good. DMT benefits us physically and mentally through stress reduction, mood management, increased mobility, decreased muscle tension, and more. DMT uses movement to help achieve emotional, cognitive, physical and social integration, and can be used with individuals, couples, families, or groups. It promotes self-awareness, self-esteem, and a safe, nonjudgmental space for the expression of feelings.

### Enhances your mood

Moving your body improves your mood and helps combat anxiety and depression. Data shows that DMT provides these benefits both in healthy individuals as well as those processing loss of a loved one. As a bonus, exercising-type movements improve cognitive performance for people of all ages.

### Healthier lymph system

An important part of your body's immune system, the lymph system is a series of channels and nodes that move infection-fighting lymph fluid 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, you help pump lymphatic fluid throughout your body, keeping your systems circulating.

### Happier life

Exercise through dancing improves blood flow and helps with psychosocial factors such as mood, stress, and confidence. Regularly moving the body increases endorphins.

## ALTERNATIVE OPTIONS

- ✓ 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