

RESILIENCE RX TIP 6

DANCE/MOVEMENT THERAPY

Feelings can influence our movement, and movement can impact our feelings. When we feel tired and sad, we tend to move slowly.

WHY IT WORKS

Moving our body improves our mood, helps combat anxiety and depression, and promotes a safe space for the expression of feeling.

Dancing is also emotionally therapeutic when paired with music we love. Since movement can be related to our thoughts and feelings, dancing benefits us physically and mentally through stress reduction, mood management, decreased muscle tension, increased mobility and more. Further, it oxygenates the brain, which helps clear the mind and allows you to focus better.

PHYSICAL BENEFITS

Unlike the circulatory systems, the lymphatic system—the body's defense mechanism that fights illness—does not have a pump. It relies on large muscle movement to circulate the fluid that contains infection-fighting white blood cells around the body. Each time we dance, it helps pump lymphatic fluid through our body, keeping our systems circulating.

TAKE A RECESS

School recess was invented for a reason. Research shows that movement improves cognitive performance for people of all ages. Moving and dancing offer a mental recess through physical release.

Movement is one of the most basic functions of the human body, making it easy to incorporate motion into daily life in a way that feels good. If dancing isn't your thing, try one of the alternatives below.

ALTERNATIVE OPTIONS TO DANCING:

- ✓ Shake a bed sheet
- ✓ Run in place or jump up and down
- ✓ Stretch your large muscles
- ✓ Go for a walk
- ✓ Window shop
- ✓ Garden
- ✓ Clean a closet
- ✓ Grocery shop with a basket instead of a cart
- ✓ Romp around with the kids or grandkids
- ✓ Go hiking
- ✓ Take a bike ride

HELPFUL TIP

Put on music you love, and dance for three minutes every day. If you feel inhibited, dance in the shower, your bedroom, or a private corner of your garden.