

5

Movement and catheterising

This module is about feeling comfortable in your body. This is a big part of healing and building confidence. It helps you find a safe way to introduce movement into your life and recognise if you're pushing yourself too hard or holding back too much, which can keep you feeling stuck.

Before we get started, please fill in your pixel tracker from page 2.



Let's have a quick home practice check in. Which practices have you been focussing on?

Behavioural experiments - going out socialising

Behavioural experiments - tackling avoidance & safety behaviours

Calming your body down

Using assertiveness

Building your confidence with catheterising

Exploring values

1

What are your successes, or positive reflections on doing this?

2

What have been the challenges? Have you got an idea of how you can continue to work with these challenges?

Bringing awareness

Listening to the instructions on-screen, follow along with Kiera and note down your answers to the questions below of what you have noticed.

From your feet, all the way up to your head, gradually scan with your senses.

1

Did you detect muscle tension?

2

Was your posture contorted at all?

3

Did you notice any areas of tension and rigidity?

Movement

There are gentle ways to explore safe movements when you're unsure and lack confidence in what your body can handle safely.

Whilst listening to the video follow the steps below, noting down how you feel.

1. Choose an area of your body to move and then pick a way to move it.

Body part

Movement

2. Start slowly and gently, noticing how your muscles feel in this area and the surrounding areas.

How do your muscles feel?

3. Observe your nervous systems reaction. Does it stay calm, or does it start to get activated? Keep your breath and movement steady to maintain a calm pace.

Nervous system reaction

4. When doing this movement, how can you feel more connected to your body?

Boom/bust & over/under-activity

Here we're going to explore a broader definition of activity, beyond just physical movement.

Based on your answer to the question in the video. Which one describes your activity pattern best? Complete the corresponding activity below.



If over-activity >

Try to identify 3-5 things that you can use to break up over-activity patterns to give your body a chance to rest.

Not all rest is the same. We can have

- physical rest
- mental rest
- sensory rest
- emotional rest

Pick a selection that applies to you and then set goals in the section below by circling the type of rest you will practice.

Physical rest	Mental rest	Sensory rest	Emotional rest
sitting	being entertained	no digital devices	being soothed by loved one/friends
lying /lounging	creating art	being in nature	doing a puzzle
napping/sleeping	cleaning/chores	quiet time on your own	playing a game
bathing	manual tasks	connecting with your body	
nourishing with food/ drink	listening to music		
chatting with loved ones	walking/ movement		

Please use the pacing diary at the end of this section to get an overview of what you do across a week or two. Capturing this detail for a consistent but short period of time, allows you to collect important data to provide a holistic picture of your health.





If under-activity

The goal is to add more things into your day and week. We'll focus on two areas, accomplishment and pleasure.

Each day you're aiming for a mix of intentional pleasures (3-5) and remember they can be small and a similar number of accomplishment activities.

Pleasures

1.

2.

3.

4.

5.

Accomplishments

1.

2.

3.

4.

5.

Please use the pacing diary at the end of this section to get an overview of what you do across a week or two. Capturing this detail for a consistent but short period of time, allows you to collect important data to provide a holistic picture of your health.



If boom/bust

To break up boom/bust cycles, the first thing you need to do is spot that you are in one.

1.1 week 1

Use the downloadable diary on page 46 to colour code how much energy your activities across a day are taking and how well you feel.

Please use the diary for a week then reflect on the patterns you notice.

1.2 week 2

Next, do the diary again on page 47, but this time sprinkle in rest to break up big blocks of orange and red activity.

Reflect on the changes it's made.

Please use the pacing diary at the end of this section (or download on-screen) to get an overview of what you do across a week or two. Capturing this detail for a consistent but short period of time, allows us to collect important data to provide a holistic picture of your health.

1.1 Pacing diary week 1



pm



am



Time	6 - 8	8 - 10	10 - 12	12 - 2	2 - 4	4 - 6	6 - 8	8 - 10	10 - 12	12 - 2	2 - 4	4 - 6	
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Sunday													

Green

Lightest/relaxing activity

Yellow

Moderate

Red

Most demanding

1.2 Pacing diary week 2

pm

am

Time

6 - 8

8 - 10

10 - 12

12 - 2

2 - 4

4 - 6

6 - 8

8 - 10

10 - 12

12 - 2

2 - 4

4 - 6

Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Sunday													

Green

Lightest/relaxing activity

Yellow

Moderate

Red

Most demanding

Let's reflect

During module 5 we have learned more about pain guarding and the impact this has on our minds and body as well as the principles of over-activity, under-activity, and boom/bust.

For this module's home practice, set some goals related to your activity patterns. Take a moment to identify some goals for yourself.

Goal 1

Goal 2

Goal 3

Now try and get specific. Where are you now in relation to your goal and where do you want to be?

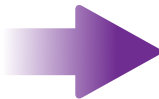
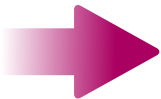
Goal	Where are you now?	Where do you want to be?
1.		
2.		
3.		

Contact our me+ Continence Care Support Team for additional resources:

Australia: Call 1800 335 276 or
email connection.au@convatec.com

New Zealand: Call 0800 225 4309 or
email connection.nz@convatec.com

Before you go, how are you currently feeling about catheterising?
Log your current rating of anxiety about catheterising by ticking a number.



1	2	3	4	5	6	7	8	9	10
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Notes





Guiding the way to confident living
with intermittent catheterisation

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