



MOVING THROUGH THE HOLIDAYS: BREATH AND SOMATIC TECHNIQUES FOR MIND/BODY WELLNESS

Emily Muñoz, M.S., RYT-500 Director,
Program Innovation
TAPS

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MEMORIAL



Holidays and Feelings



Holidays and Feelings

- Magnified import
- Increased conversation
- Perceived expectations
- Prevalent comparisons
- Increased social interactions
- Decreased social interactions as families shift into pods
- Memory milestones
- Seasonal affect
- Changes in sleep, diet, routine



Increase Difficulty of Self-Regulation

Emotional self-regulation or emotion regulation is the ability to respond to the ongoing demands of experience with a **range of emotions** in a manner that is **socially tolerable** and **sufficiently flexible** to permit spontaneous reactions as well as the ability to delay spontaneous reactions as needed.



R e q u i r e d

More Complex than Sleigh Logistics

- **Emotion regulation is a complex process that involves initiating, inhibiting, or modulating one's state or behavior in a given situation**
 - Your feelings - your own (subjective) experience
 - Your thoughts about those things (cognitive responses)
 - Emotion-related physiological responses (sweating, heart rate, hormonal activity, etc.)
 - Emotion-related behavior (bodily actions or expressions)
 - Ability to concentrate or nature of concentration
 - Suppress certain behaviors under instruction



Why Keep it Regulated?

- Can't achieve your own goals
- Functional fit in society
- Mismatch: response patterns don't align with other responses and modes of expression, the demands of the social environment
- How does it feel to be dysregulated?



Modal Model of Emotion

- **Situation:** sequence begins with a situation (real or imagined) that is emotionally relevant
- **Attention:** attention is directed towards the emotional situation
- **Appraisal:** the emotional situation is evaluated and interpreted
- **Response:** an emotional response is generated, giving rise to loosely coordinated changes in experiential, behavioral, and physiological response systems



"The space between..."

Awareness, Honesty, Flexibility

- **Situation:**
 - Selection: Avoid or approach? Disengage or engage?
 - Modification: change emotional impact of external environment
- **Attention:**
 - Distraction
 - Outcome-driven worry
 - Rumination, thought suppression
- **Appraisal:** how we think about the emotional situation
 - Cognitive change: reappraisal, reinterpretation, fictional consideration
 - Cognitive change: distancing
 - Cognitive change: humor
- **Response:** modulation
 - Exercise, sleep
 - Expressive suppression, substance use

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pulsing moving pressure prickly calm still awake
yawning tight burning streaming billowing weak
fuzzy tingly strong contracting flowing tense
twisting rotating restless irritated liquid hot
lengthening pulling cold trembling quivering spicy
frazzled wringing choking pushing wrapping
stretching loosening tightening bubbly electric
agitated alive racing blissful straight crooked
wrapped trapped constricted numb sparkly
energized open raw oxygenated dull empty full
stuck cottony springy

Global Awareness of Body

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Moving Through

- [Practice #1](#)
- [Practice #2](#)
- [Practice #3](#)

About the TAPS Institute for Hope and Healing®

Launched in March 2018, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



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TAPS
is working
24/7

To provide hope and healing
during these challenging times
National Military Survivor Helpline:
800-959-TAPS (8277)