

WEBVTT

1

00:00:28.610 --> 00:00:30.570

Dannyelle Tansey: Hello, everyone.

2

00:00:31.560 --> 00:00:32.320

Sally Donnelly: Bye!

3

00:00:34.760 --> 00:00:35.570

Dannyelle Tansey: Wow.

4

00:00:37.370 --> 00:00:40.350

Danni: Just trying to find my glasses.

5

00:00:40.350 --> 00:00:44.850

Dannyelle Tansey: Oh, my... sorry, my, my, my speakers were on mute.

6

00:00:55.530 --> 00:00:57.680

Dannyelle Tansey: How has everyone's morning been?

7

00:00:58.560 --> 00:00:59.660

Sally Donnelly: Good, thanks.

8

00:01:00.320 --> 00:01:00.919

Danni: Thank you, that's weird.

9

00:01:00.920 --> 00:01:04.340

Dannyelle Tansey: That's good. Mine has been a little bit hectic, actually, so...

10

00:01:05.510 --> 00:01:07.939

Dannyelle Tansey: As I'm arriving, I am bringing myself back down.

11

00:01:08.610 --> 00:01:10.689

Danni: We've got a big problem. Whoa!

12

00:01:11.410 --> 00:01:18.920

Dannyelle Tansey: Technology is not my friend when I need it. Again.

13

00:01:18.930 --> 00:01:26.559

Danni: Mommy can't find a glass.

14

00:01:26.560 --> 00:01:31.760

Dannyelle Tansey: Trying to make sure... already recording, I forgot to record on a...

15

00:01:31.760 --> 00:01:33.490

Danni: Started one the other day.

16

00:01:33.490 --> 00:01:35.690

Dannyelle Tansey: So I'm just gonna leave it recorded so I don't forget.

17

00:01:40.670 --> 00:01:42.600

Danni: I was gonna check.

18

00:01:43.070 --> 00:01:46.190

Danni: One lady has been unable to make it.

19

00:01:49.300 --> 00:01:52.949

Dannyelle Tansey: Okay, so I think we have everyone this morning.

20

00:01:52.950 --> 00:01:56.540

Danni: Give me 2 seconds.

21

00:01:59.960 --> 00:02:02.900

Dannyelle Tansey: It's not going to show me, because it's already past the start time.

22

00:02:02.900 --> 00:02:04.460

Danni: I'm pretty sure that's everyone.

23

00:02:06.640 --> 00:02:14.520

Dannyelle Tansey: Alright, thank you all for being here. I'm just gonna pop my... hopefully this part works okay for me today.

24

00:02:15.910 --> 00:02:24.750

Dannyelle Tansey: My slideshow... Sometimes it's my friend, and sometimes it's not.

25

00:02:48.840 --> 00:02:52.400

Dannyelle Tansey: Can someone just let me know what that's showing on your screen for me?

26

00:02:53.320 --> 00:02:56.920

Sally Donnelly: I've got a double screen, I've got... I'm seeing you and a slide.

27

00:02:57.710 --> 00:03:04.509

Dannyelle Tansey: Okay, you don't have, like... can you see all my... my, is it full screen, my slides?

28

00:03:04.930 --> 00:03:05.700

Sally Donnelly: No.

29

00:03:07.980 --> 00:03:09.499

Dannyelle Tansey: That's a new name?

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00:03:09.920 --> 00:03:12.670

Dannyelle Tansey: So you can see, like, my address bar and stuff, Kai.

31

00:03:13.270 --> 00:03:15.839

Sally Donnelly: Yeah, I can see some... some stuff on the side now.

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00:03:17.080 --> 00:03:18.059

Sally Donnelly: Back to you.

33

00:03:19.100 --> 00:03:20.010

Dannyelle Tansey: How about that?

34

00:03:20.540 --> 00:03:22.710

Sally Donnelly: Same thing, or...

35

00:03:22.710 --> 00:03:24.479

libby: I'm gonna send you a picture.

36

00:03:26.290 --> 00:03:26.940

Dannyelle Tansey: Okay.

37

00:03:35.950 --> 00:03:37.110

Danni: Thank you.

38

00:03:37.110 --> 00:03:39.300

libby: Don't you attempt so you can see.

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00:03:39.330 --> 00:03:39.970

Danni: Oh.

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00:03:39.970 --> 00:03:40.340

Dannyelle Tansey: Thank you.

41

00:03:40.680 --> 00:03:42.379

Dannyelle Tansey: See how this goes on the bed.

42

00:03:44.330 --> 00:03:51.509

Dannyelle Tansey: So I'm trying to work out how to have a slideshow up with my presenter notes, without you having to see everything else on my screen, which it's not doing.

43

00:03:52.100 --> 00:03:54.560

Dannyelle Tansey: Okay, I will just have to read it off paper.

44

00:03:55.070 --> 00:03:57.919

libby: I can't see the... oh, yeah, there it is.

45

00:03:58.590 --> 00:04:00.170

libby: Just before it...

46

00:04:00.170 --> 00:04:01.309

Dannyelle Tansey: Was it working?

47

00:04:01.740 --> 00:04:02.290

libby: Yeah.

48

00:04:02.290 --> 00:04:08.140

Dannyelle Tansey: That's alright, I'm just gonna do it as that, and I'm just gonna read it off my paper. I'll go back to old school.

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00:04:10.010 --> 00:04:11.110

Dannyelle Tansey: It's more trustworthy.

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00:04:11.110 --> 00:04:12.400

libby: Anything else now?

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00:04:13.710 --> 00:04:15.609

Dannyelle Tansey: Much more trustworthy for me.

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00:04:15.920 --> 00:04:17.279

Dannyelle Tansey: Okay.

53

00:04:17.440 --> 00:04:21.940

Dannyelle Tansey: So, for those of you who don't know me, I am Danielle Tanzi.

54

00:04:22.370 --> 00:04:24.630

Dannyelle Tansey: And I'm a holistic counsellor.

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00:04:24.940 --> 00:04:27.249

Dannyelle Tansey: A holistic art therapist.

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00:04:27.980 --> 00:04:31.660

Dannyelle Tansey: ends... My things need to wave out of my way now.

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00:04:31.990 --> 00:04:36.039

Dannyelle Tansey: A meditation teacher and a natural health practitioner.

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00:04:36.290 --> 00:04:37.360

Dannyelle Tansey: as well.

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00:04:37.620 --> 00:04:43.630

Dannyelle Tansey: So today's workshop is all about learning how to decode your stress.

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00:04:44.010 --> 00:04:50.840

Dannyelle Tansey: And basically 3 simple ways of understanding what your body and emotions are really trying to tell you.

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00:04:52.760 --> 00:05:03.849

Dannyelle Tansey: So, I just want to start, though, by saying thank you for showing up for yourselves, and for showing up live, because I know how hard that can be to do. Our lives are always so full and busy.

62

00:05:03.960 --> 00:05:12.850

Dannyelle Tansey: So arriving live can be tricky, and I appreciate it when you do. And for that, you will also be getting the access to the...

63

00:05:13.030 --> 00:05:27.690

Dannyelle Tansey: secret integration segment, I've called it, so where we don't just learn about it, or do the couple of practices that we're going to do to understand it, we're actually going to do a bit of an embodiment, integration at the end as well.

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00:05:28.050 --> 00:05:29.100

Dannyelle Tansey: So...

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00:05:29.350 --> 00:05:45.899

Dannyelle Tansey: yeah, I hope you really enjoy everything that I cover today, and learn a little bit more about how stress shows up in the body, because I find a lot of people don't actually fully understand what stress means, and so I'll go into that deeper as I get into those slides.

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00:05:45.900 --> 00:05:47.240

libby: Try a drink today, guys.

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00:05:47.240 --> 00:05:50.689

Dannyelle Tansey: But yeah, so it can be really...

68

00:05:51.190 --> 00:05:57.549

Dannyelle Tansey: Eye-opening for a lot of people to actually understand how stress actually works in our body and what it actually means.

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00:05:58.580 --> 00:06:02.390

Dannyelle Tansey: So, but before we begin, I just want to...

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00:06:03.020 --> 00:06:15.990

Dannyelle Tansey: say, even with kids around, as I know two of you have got already, just know that that is totally okay. Do your best to try and be as present as you can, but I know it's tricky.

71

00:06:16.060 --> 00:06:28.770

Dannyelle Tansey: I'm hoping now that my one-year-old has had her sleep, she won't need me for a little

while, and she won't show up, but she might, if things don't go to plan. She's had a little bump on the head

this morning, so she's being a little bit more,

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00:06:29.640 --> 00:06:31.570

Dannyelle Tansey: Knitting mummy more than normal.

73

00:06:31.710 --> 00:06:36.319

Dannyelle Tansey: Which is why my morning hasn't gone to plan.

74

00:06:36.670 --> 00:06:51.669

Dannyelle Tansey: But do they ever? So, this is something that I really want to get across in this as well, is

that the whole purpose of what I'm teaching today is to be able to learn how to do this in the chaos and the

mess. And Sally, you're probably a little bit further along

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00:06:51.670 --> 00:07:08.859

Dannyelle Tansey: Than the rest of us, and not within the thick of parenting right now, but I'm sure there

are plenty of things in your life that cause the stress for you in the moment. So, the whole purpose of

learning about this is so that we can learn how to regulate within those chaotic moments.

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00:07:09.210 --> 00:07:17.850

Dannyelle Tansey: So... because they're never going to go away, right? They just change with the seasons of

life. So, we can't be waiting for those perfect moments.

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00:07:18.480 --> 00:07:28.859

Dannyelle Tansey: Yeah, so if you can be undistracted, that's great. If not, just be as present as you possibly

can be. You will receive the replay of this as well. I'm pretty certain...

78

00:07:28.860 --> 00:07:30.330

Sally Donnelly: I've just lost volume.

79

00:07:31.410 --> 00:07:33.440

Dannyelle Tansey: Did I cut out?

80

00:07:37.070 --> 00:07:38.699

Dannyelle Tansey: Can everyone else still hear me?

81

00:07:38.980 --> 00:07:40.029

Sally Donnelly: I can hear you now.

82

00:07:40.430 --> 00:07:45.230

Dannyyelle Tansey: Okay, we've got quite a cloudy day, and I have Starlink, so it...

83

00:07:45.350 --> 00:07:52.970

Dannyyelle Tansey: It's being a pain, but might just drop out really briefly, and that's probably why. I

apologize. Just let me know if it's too long and you miss anything.

84

00:07:53.580 --> 00:07:58.050

Dannyyelle Tansey: I don't know where I was up to now.

85

00:07:58.970 --> 00:07:59.910

Sally Donnelly: Which is soft.

86

00:08:02.010 --> 00:08:07.809

Dannyyelle Tansey: That's alright. So... I think I was just saying we don't want to wait for those first moments.

87

00:08:07.810 --> 00:08:09.119

Sally Donnelly: The next slide over.

88

00:08:09.600 --> 00:08:10.100

Dannyyelle Tansey: Yep.

89

00:08:10.100 --> 00:08:11.699

Sally Donnelly: That one yet, just done that.

90

00:08:12.300 --> 00:08:13.020

Dannyyelle Tansey: Okay.

91

00:08:13.330 --> 00:08:18.240

Dannyyelle Tansey: So... My train of thought's totally gone.

92

00:08:25.930 --> 00:08:29.500

Dannyyelle Tansey: That's why it's easy when it's on my screen, but anyway, we'll work with it.

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00:08:30.270 --> 00:08:38.759

Dannyyelle Tansey: So before we dive in and really get into learning about the stress and how to show up for ourselves in the moment, I want to take a second just to...

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00:08:39.320 --> 00:08:42.120

Dannyyelle Tansey: Do a little,

95

00:08:42.679 --> 00:08:52.209

Dannyyelle Tansey: it is a bit of an art therapy thing, but it's just a little practice that will warm us up for

during the session. And we're just going to actually choose a color, and take the

96
00:08:52.500 --> 00:08:56.170

Dannyelle Tansey: Probably 30 seconds to draw on a page in front of you.

97

00:08:56.360 --> 00:09:03.770

Dannyelle Tansey: Just a symbol to represent how you've shown up today. So the color and the symbol, they don't have to be perfect or artistic.

98

00:09:04.010 --> 00:09:07.500

Dannyelle Tansey: Just as to how you're feeling and showing up as you arrive today.

99

00:09:13.280 --> 00:09:15.870

Dannyelle Tansey: There's no right or wrong way to express it.

100

00:09:16.360 --> 00:09:18.840

Dannyelle Tansey: It could just be... you know.

101

00:09:19.090 --> 00:09:24.189

Dannyelle Tansey: A spiral line, or just color, whatever it is for you today.

102

00:09:35.150 --> 00:09:38.090

Dannyelle Tansey: I didn't bring my colours today, so I'm not gonna join you.

103

00:11:06.780 --> 00:11:11.590

Dannyelle Tansey: Okay, so as you finish up,

104

00:11:11.710 --> 00:11:16.409

Dannyelle Tansey: Just take a moment to see and take appreciation for what's come through for you.

105

00:11:19.440 --> 00:11:25.050

Dannyelle Tansey: And then we're going to... is this on my next slide? No. In this one.

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00:11:25.560 --> 00:11:31.509

Dannyelle Tansey: Where, if you're comfortable, we're just going to go... Through everyone, and...

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00:11:31.890 --> 00:11:39.109

Dannyelle Tansey: You're going to share your name, a little bit about you, and then share your symbol and how you're showing up today.

108

00:11:41.250 --> 00:11:45.310

Dannyelle Tansey: And I think that's all I wanted you to do.

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00:11:48.460 --> 00:11:49.450

Dannyelle Tansey: Yep.

110

00:11:49.870 --> 00:11:59.980

Dannyelle Tansey: So, I'm going to just read, I'll go through... Libby, you're at the top of my screen. If you

would like to unmute and just introduce yourself and how you're showing up today, please, if you don't mind.

111

00:12:00.100 --> 00:12:03.529

Dannyelle Tansey: If you don't want to share, you can skip too, just so you know.

112

00:12:10.720 --> 00:12:13.030

libby: I don't understand the question.

113

00:12:13.410 --> 00:12:16.010

libby: I'm trying to put it into...

114

00:12:17.830 --> 00:12:18.859

Dannyelle Tansey: Am I cutting out?

115

00:12:18.860 --> 00:12:20.580

libby: up today. No.

116

00:12:21.020 --> 00:12:24.670

libby: No, it's just a question of, how am I showing up?

117

00:12:25.270 --> 00:12:28.599

libby: That's funny, but knowing. I'm Libby.

118

00:12:30.240 --> 00:12:31.439

libby: What was the question?

119

00:12:32.170 --> 00:12:34.370

libby: Yeah, so I just gonna shift?

120

00:12:34.860 --> 00:12:43.609

Dannyelle Tansey: Yep, so introduce yourself, a little bit about you, so just, like, who you are, and how

you're showing up today, and your symbol, if you don't mind sharing it.

121

00:12:44.470 --> 00:12:45.569

libby: I'm Libby.

122

00:12:45.830 --> 00:12:51.279

libby: I live in a caravan with my partner and my son.

123

00:12:51.940 --> 00:12:53.430

libby: Life is chaotic.

124

00:12:54.660 --> 00:12:58.430

libby: But it's... Doable?

125

00:12:59.470 --> 00:13:04.570

libby: Are showing up today with a bit of a clearer head.

126

00:13:04.930 --> 00:13:06.110

libby: Than yesterday.

127

00:13:09.510 --> 00:13:10.350

libby: It's nice.

128

00:13:10.770 --> 00:13:16.009

libby: So that's... That's why I had your breath.

129

00:13:17.210 --> 00:13:18.130

Dannyelle Tansey: Beautiful.

130

00:13:20.180 --> 00:13:22.080

libby: Thank you very much.

131

00:13:22.750 --> 00:13:27.580

Dannyelle Tansey: That's good, I'm glad. Different to the other day, that's awesome.

132

00:13:27.890 --> 00:13:32.079

Dannyelle Tansey: Thank you for sharing, Libby. Sally, you're next down on my screen.

133

00:13:32.690 --> 00:13:38.499

Sally Donnelly: Hi, everyone. My name's Sally. This is my piece of art.

134

00:13:38.930 --> 00:13:45.219

Sally Donnelly: It's something that I found online, and it basically symbolises new beginnings.

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00:13:45.420 --> 00:13:52.969

Sally Donnelly: With my journey, I've relocated from a small country town, Derby, to Broome for work.

136

00:13:53.250 --> 00:14:03.610

Sally Donnelly: I have children, but they're teenagers, so they're, they're going really well. The move was

basically what we needed to get them out of a small town and into

137

00:14:04.400 --> 00:14:12.720

Sally Donnelly: some better structure and some better schooling, and so my son's got an apprenticeship, and

my daughter Lacey's just finished school, so she graduated.

138

00:14:12.990 --> 00:14:22.860

Sally Donnelly: So yeah, so some days I'm... I work as a prison officer, so sometimes job satisfaction is zero, amazing perks, which is sort of what keeps me in the job.

139

00:14:23.170 --> 00:14:30.599

Sally Donnelly: But, sometimes I spend all day just doodling that, that, that symbol just as a reminder, just to keep me present, that

140

00:14:30.820 --> 00:14:34.919

Sally Donnelly: Yeah, the struggles of moving and, and

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00:14:35.060 --> 00:14:45.440

Sally Donnelly: And starting, you know, a new beginning basically has its stresses. So, yeah, I sort of find this symbol, I tend to put it all over the place, so...

142

00:14:45.660 --> 00:14:46.660

Dannyelle Tansey: Yes.

143

00:14:46.660 --> 00:14:51.010

Sally Donnelly: As a reminder that I'm on the right track, doing the right things, sort of thing.

144

00:14:51.530 --> 00:15:04.679

Dannyelle Tansey: Yeah, I love that you do that. That's a really great thing to do, especially with those positive messages that you're wanting to bring in as well, that's wonderful. We've just been... we didn't go up into Derby, but we've just come from Broome. We're down in...

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00:15:05.320 --> 00:15:09.340

Dannyelle Tansey: Dongara, now, is where we are, just south of Geraldton, yeah.

146

00:15:09.340 --> 00:15:10.239

Sally Donnelly: Yeah, beautiful spot.

147

00:15:10.590 --> 00:15:18.200

Dannyelle Tansey: So, I live in a bus. I didn't actually say that at the start, sorry. Danny and Libby both

know that, but I also live in a bus and travel. We're a family of six.

148

00:15:18.350 --> 00:15:20.200

Dannyelle Tansey: So, yeah.

149

00:15:20.420 --> 00:15:20.880

Sally Donnelly: Wow.

150

00:15:20.880 --> 00:15:23.079

Dannyle Tansey: Thank you so much for joining us today.

151

00:15:23.080 --> 00:15:23.430

Sally Donnelly: Yes.

152

00:15:23.830 --> 00:15:27.300

Sally Donnelly: I can imagine your job has a lot of stresses too, so...

153

00:15:27.500 --> 00:15:33.570

Sally Donnelly: Yeah, different, different, different design of stresses, but yeah, definitely, there.

154

00:15:34.230 --> 00:15:42.379

Dannyle Tansey: Yep. Yep. Beautiful. Well, I hope that something helps you today, being able to really

bring in those new beginnings for yourself in a new way.

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00:15:43.110 --> 00:15:46.439

Dannyle Tansey: And Danny, you are next on my list.

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00:15:46.870 --> 00:15:50.980

Danni: Hi, I'm Danny. Hello. Can you hear and see me?

157

00:15:52.390 --> 00:16:01.510

Danni: Okay, I'm a mum of 4 girls. I have Lara, who's 6, Kennedy, who's 5, Laurie, who's 3, and Cassidy,

who's 1.

158

00:16:01.850 --> 00:16:04.329

Danni: We live in a caravan full-time.

159

00:16:04.560 --> 00:16:11.500

Danni: We've travelled for about two and a half years, and we've just bought 350 acres of vacant land.

160

00:16:11.920 --> 00:16:14.820

Danni: Up west of Fraser Island.

161

00:16:15.250 --> 00:16:22.339

Danni: So... At the moment, it feels very overwhelming,

162

00:16:22.890 --> 00:16:27.730

Danni: You know, being out in the bush, and also being a mum with 4 young kids.

163

00:16:28.190 --> 00:16:31.270

Danni: Lots of pools in my life with...

164

00:16:31.820 --> 00:16:40.150

Danni: Schooling, and relationships, and just the whole mental capacity to cope with everything.

165

00:16:40.590 --> 00:16:45.480

Danni: Just trying to find ways to...

166

00:16:46.020 --> 00:16:53.240

Danni: help calm my mind, and be present for my kids. I find that I look at them.

167

00:16:53.310 --> 00:17:06.140

Danni: And... they're just older. Like, I don't remember my days with my kids, or I can just look at them and

think, have I looked at you today? Or when was the last time I looked at you? You know, just like with

everything that goes on in life.

168

00:17:07.700 --> 00:17:08.760

Sally Donnelly: But...

169

00:17:09.069 --> 00:17:15.750

Danni: the thing... how I'm showing up today, I'm trying to do things that I find joy.

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00:17:16.560 --> 00:17:18.450

Danni: So I played.

171

00:17:18.450 --> 00:17:18.829

Sally Donnelly: this week.

172

00:17:18.839 --> 00:17:20.199

Danni: feelings today?

173

00:17:20.389 --> 00:17:27.369

Danni: And also to give myself grace, in being able to do what I'm trying to do.

174

00:17:27.369 --> 00:17:28.479

Sally Donnelly: Please leave the order.

175

00:17:32.900 --> 00:17:35.750

Dannyyelle Tansey: Sorry, I cut that little bit I didn't quite catch at the end.

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00:17:35.970 --> 00:17:42.169

Danni: Oh, sorry, I said just to give myself grace, to be able to just do the things I can do, and not...

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00:17:42.430 --> 00:17:51.910

Danni: put too much on my plate. Like, I have an ever-ending rolling to-do list, but just being, okay, if I get one thing done, I've accomplished something today, and not...

178

00:17:52.020 --> 00:17:56.509

Danni: put on myself that I need to get all these things done today.

179

00:17:57.270 --> 00:17:58.230

Dannyelle Tansey: Yeah.

180

00:17:58.410 --> 00:17:59.280

Dannyelle Tansey: Beautiful.

181

00:18:00.020 --> 00:18:02.370

Dannyelle Tansey: Beautiful. Did you want to share what you drew?

182

00:18:02.370 --> 00:18:03.140

Danni: Oh, yeah.

183

00:18:03.920 --> 00:18:08.010

Danni: I don't know if you can see it, because I can't see myself on the screen.

184

00:18:08.550 --> 00:18:11.430

Dannyelle Tansey: If you hold it up in front of your face, you should be pretty safe.

185

00:18:13.280 --> 00:18:16.819

Danni: It's just, like, a little... Can you say it?

186

00:18:17.220 --> 00:18:17.730

Dannyelle Tansey: Yeah.

187

00:18:18.170 --> 00:18:22.080

Danni: It's just a little... Yeah. Yeah.

188

00:18:22.080 --> 00:18:22.950

Dannyelle Tansey: Beautiful.

189

00:18:23.080 --> 00:18:24.140

Dannyelle Tansey: Wonderful.

190

00:18:24.290 --> 00:18:26.960

Dannyelle Tansey: Thank you very much for sharing, everyone.

191

00:18:27.360 --> 00:18:39.890

Dannyelle Tansey: I'm just gonna pop you back on mute again, Danny. If you have anything to say, please

just unmute at any time. I'll just keep it muted so any of that background noise doesn't interfere,

192

00:18:40.060 --> 00:18:42.579

Dannyyelle Tansey: With the sound coming through for everyone.

193

00:18:45.730 --> 00:18:52.360

Dannyyelle Tansey: So, now we're going to move into what stress really is, and sometimes...

194

00:18:52.640 --> 00:19:05.879

Dannyyelle Tansey: we see that as kind of mental load, or, you know, the overwhelm and things like that. So

we kind of feel like that is what stress is.

195

00:19:06.150 --> 00:19:17.299

Dannyyelle Tansey: But what stress actually... that's kind of more of an outcome of the stress. It is not so

much what stress actually is, or even necessarily the cause of stress itself.

196

00:19:17.660 --> 00:19:24.399

Dannyyelle Tansey: So, stress isn't the mental load or the overwhelm, it's actually our body's response to...

197

00:19:25.310 --> 00:19:31.760

Dannyyelle Tansey: feeling threatened, as such, and I'll go deeper into this in a moment, but...

198

00:19:31.860 --> 00:19:51.150

Dannyyelle Tansey: Modern-day life has us in a threatened state much more than what it should be. And

we're not very good at being able to bring it back down. We're generally... we're not even taught how to be

able to bring it back down into the opposite. So what stress really is, is a full-body physiological process called fight or flight.

199

00:19:51.430 --> 00:19:56.230

Dannyyelle Tansey: or freeze and fawn as well. And there's another one that I am forgetting.

200

00:19:58.760 --> 00:20:06.959

Dannyyelle Tansey: Doesn't matter. It's gone out of my head. But, basically fight-or-flight response is what it

is called, but there's a couple of other ones as well.

201

00:20:07.170 --> 00:20:14.380

Dannyyelle Tansey: And basically, our body does this to keep us safe. So it is actually protecting us, trying to protect us.

202

00:20:14.380 --> 00:20:28.209

Dannyelle Tansey: But it doesn't understand the difference between an actual threat to, like, our life, and something that we are perceiving as a threat in modern-day life that is causing our body to react and still go into that fight-or-flight state.

203

00:20:28.250 --> 00:20:35.290

Dannyelle Tansey: Because this part of our brain is actually what they call the reptilian part of our brain, and it is an automatic thing.

204

00:20:35.580 --> 00:20:53.149

Dannyelle Tansey: So it doesn't... it bypasses any filters, any logical filters, and will just react. Because in a moment of, you know, life or death, it needs to react that way. But if we're not actually in that, but we have other things in our life that are causing that to trigger.

205

00:20:53.700 --> 00:20:54.770

Dannyelle Tansey: Yes, Libby?

206

00:20:56.500 --> 00:20:57.619

Dannyelle Tansey: Our phone call.

207

00:21:00.630 --> 00:21:04.810

Dannyelle Tansey: I'm assuming she's saying phone call.

208

00:21:05.000 --> 00:21:09.239

Dannyelle Tansey: She'll get the recording to come back to this bit anyway. You guys can hear me okay, hey?

209

00:21:12.550 --> 00:21:22.430

Dannyelle Tansey: So, yeah, what our body is actually doing, it is constantly scanning our environment. So, our relationships as well, our to-do list.

210

00:21:22.800 --> 00:21:36.929

Dannyelle Tansey: our children's needs, so no matter how old they are, either, we're going to be always being aware of what they need, and what their wants are, and if they're safe, and things like that as well. So, as mothers, we are...

211

00:21:36.930 --> 00:21:47.679

Dannyelle Tansey: doing this for everyone, not just for ourselves, so that really heightens us as well. And then someone like Sally in the job that she's in, she's obviously going to be in a

212

00:21:47.710 --> 00:22:04.440

Dannyyelle Tansey: heightened state of awareness all the time. So that fight-or-flight response is going to be switched on for you at work all the time as well. So being able to learn how to bring that back down after work, when you're not in that situation where you have to be switched on, will be really important for you as well.

213

00:22:05.660 --> 00:22:10.719

Dannyyelle Tansey: So, basically, it's... yeah, it's listening to everything, so even our past.

214

00:22:10.760 --> 00:22:29.919

Dannyyelle Tansey: triggers this as well, and our future worries as well, when we're worrying about what might be coming. So, this is where really teaching ourselves to be in the present moment is really important too, and I'll talk about that a little bit more later. It's probably not so much in this particular talk today, but mindfulness is a huge part

215

00:22:30.030 --> 00:22:33.499

Dannyyelle Tansey: Of being able to regulate this, this system.

216

00:22:33.980 --> 00:22:38.040

Dannyyelle Tansey: As well as the awareness. So, kind of talking a bit more about the awareness today.

217

00:22:40.160 --> 00:22:58.230

Dannyyelle Tansey: And so when our body is doing that, it's looking for things all the time. It's always scanning in the background, so we're not consciously doing this. Sometimes, obviously, we're consciously doing this, but usually it's our subconscious mind, and it's just working, scanning, seeing if we're safe, seeing if anything requires extra energy.

218

00:22:58.230 --> 00:23:01.840

Dannyyelle Tansey: To respond to, basically.

219

00:23:02.730 --> 00:23:14.980

Dannyyelle Tansey: And then when it does actually sense that need to shift into survival response, it does a whole heap of different things to our body, automatically, without us thinking about it.

220

00:23:15.300 --> 00:23:34.239

Dannyelle Tansey: So, it will switch into the survival response, or the fight-or-flight response, and it will change our heart rate, it will change our breathing, our muscles, it sends, like, all of our nutrients and energy into our muscles, so we're ready to fight or run.

221

00:23:34.240 --> 00:23:49.319

Dannyelle Tansey: It also slows our digestion down, because, you know, if we're about to die, we don't need to digest our food, right? And also our brain will become more alert and, you know, activated. And also, things like our hormones all shift.

222

00:23:49.400 --> 00:23:53.359

Dannyelle Tansey: And as well as our,

223

00:23:53.530 --> 00:23:55.950

Dannyelle Tansey: immune system. So, it kind of...

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00:23:55.980 --> 00:24:15.879

Dannyelle Tansey: Basically, it'll shut down the immune system, because again, you're not needing to fight, you know, bacteria or viruses if your life is in immediate danger. So this is what our brain is perceiving, right? So anything that triggers that is what this is doing to our body. So this is where our long-term health implications come.

225

00:24:16.160 --> 00:24:17.340

Dannyelle Tansey: from...

226

00:24:17.680 --> 00:24:35.100

Dannyelle Tansey: not onto that side yet. That's where the long-term health implications come from, because if our body stays in that state... so if it's... it's normal for our bodies to experience that, and then it should be able to come back down. But what happens in our modern-day life.

227

00:24:35.430 --> 00:24:40.660

Dannyelle Tansey: Is our body can't really tell the difference between, you know, bills piling up.

228

00:24:41.070 --> 00:24:46.040

Dannyelle Tansey: Children's meltdowns, our own personal meltdowns, or our partner's meltdowns.

229

00:24:47.780 --> 00:24:57.869

Dannyelle Tansey: And we're on a schedule all the time, so we're rushing. The time is a threat to us. We're always overwhelmed and so much going on. Not just...

230

00:24:57.870 --> 00:25:14.929

Dannyelle Tansey: physically, but lack our sensory stimulation and things like that as well, and also just the pressure that we put on ourselves. So, I think Danny was talking about that before, the pressure that she's constantly got on herself to do all the different things, even though she probably

231

00:25:14.990 --> 00:25:19.960

Dannyelle Tansey: Life will still go on if she doesn't get all those things done, but her brain isn't perceiving it that way.

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00:25:20.300 --> 00:25:26.359

Dannyelle Tansey: So, even things like, you know, having a bit of an argument with your partner,

233

00:25:26.460 --> 00:25:41.600

Dannyelle Tansey: Crowded shopping centres can do this for some people as well. Lots of different everyday things, even a phone full of notifications, all of the world's dramas on social media, all of these things trigger this fight-or-flight response.

234

00:25:42.240 --> 00:25:43.230

Dannyelle Tansey: And...

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00:25:43.410 --> 00:25:49.669

Dannyelle Tansey: If you look at that list of things, or the extra things that I mentioned, they're not lifethreatening to you, are they?

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00:25:50.100 --> 00:26:02.300

Dannyelle Tansey: So, they are things that are still triggering that life preservation part of our brain, but it's not needed. So, we need to learn how to, one, be able to

237

00:26:02.990 --> 00:26:06.939

Dannyelle Tansey: Control our responses consciously to these things.

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00:26:07.060 --> 00:26:15.720

Dannyelle Tansey: Or be able to, and or, be able to return it to our normal state, which is actually called the relaxation response.

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00:26:15.830 --> 00:26:24.100

Dannyelle Tansey: It doesn't mean, like, going to sleep relaxation, but it is switching our body back into its normal state called homeostasis.

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00:26:24.530 --> 00:26:32.260

Dannyelle Tansey: And at homeostasis, all of those... these body functions back here that changed can all return back to normal.

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00:26:32.380 --> 00:26:38.819

Dannyelle Tansey: So, our immune system will work again, our digestion will work again, our hormones return back to normal.

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00:26:38.890 --> 00:26:53.680

Dannyelle Tansey: Our adrenal glands can stop sending all of the adrenaline through our body, our muscles can actually not take all of the nutrients from everything else, and all of those sorts of things. Our brain can calm back down and not be switched back on.

243

00:26:54.670 --> 00:27:10.189

Dannyelle Tansey: And so what happens for mothers, this response, like I mentioned before, we're always monitoring everyone else around us as well, as ourselves. But we always put ourselves last. Our responses are always for other people first.

244

00:27:10.290 --> 00:27:16.789

Dannyelle Tansey: So when we... we stay activated a lot more, and then obviously, depending on what you're... you're doing.

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00:27:16.960 --> 00:27:22.720

Dannyelle Tansey: on a day-to-day basis as well. So, like I said before, Sally's job is going to be keeping her extra heightened.

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00:27:24.000 --> 00:27:33.199

Dannyelle Tansey: And then all the other life things come into play as well. So we don't actually learn to switch or, like, regulate ourselves very well, because we're always...

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00:27:33.640 --> 00:27:49.749

Dannyelle Tansey: I think just women in general, it's just our natural thing, but there's a bit of social

conditioning there as well. So we need to uncondition ourselves. Not to not put everyone else first, but be able to, like, regulate ourselves and then co-regulate with other people as well.

248

00:27:50.090 --> 00:28:00.679

Dannyelle Tansey: Whether that's your partner and your children. So, co-regulation works for both. It's not

just with your own children, it's... partner's a really great person to co-regulate with as well.

249

00:28:07.270 --> 00:28:09.350

Dannyelle Tansey: I think that was all I was trying to say there.

250

00:28:09.540 --> 00:28:10.540

Dannyelle Tansey: I didn't re... didn't.

251

00:28:10.540 --> 00:28:13.480

Danni: Can you explain co-regulation to me?

252

00:28:13.980 --> 00:28:20.049

Dannyelle Tansey: Yes, so co-regulation is where we can use our

253

00:28:20.590 --> 00:28:23.760

Dannyelle Tansey: Own nervous system to help regulate someone else.

254

00:28:23.890 --> 00:28:26.470

Dannyelle Tansey: But, we can't do that.

255

00:28:26.580 --> 00:28:34.020

Dannyelle Tansey: So, as mothers, we're constantly trying to do that, right? But we can't successfully do that if we're not regulated.

256

00:28:35.080 --> 00:28:52.459

Dannyelle Tansey: Yeah, so we're always trying to help our children regulate, but we can do that through coregulation,

where we calm ourselves down first. So this might be somewhere, for example, you might have

to just remove yourself from the situation for a couple of minutes. You can take a breath.

257

00:28:52.780 --> 00:29:09.969

Dannyelle Tansey: or whatever it is you need to do for yourself for a couple of minutes, and then return in a

calmed state, and you'll be able to help that other person regulate. So this goes for your partner, as well as

your child. So instead of just standing there, you know, reacting or being triggered, step away.

258

00:29:10.500 --> 00:29:23.409

Dannyelle Tansey: center yourself. You don't have to get to a perfectly centered space, but less reactive.

You know, be able to be in control of your thoughts a little bit more. You're going to be less reactive. That

person then is also...

259

00:29:23.630 --> 00:29:33.540

Dannyelle Tansey: going to be able to respond to that as well. So our nervous systems are always

communicating with other people's nervous systems as well, or if you...

260

00:29:33.830 --> 00:29:51.420

Dannyelle Tansey: have the belief of the energy fields and things like that, if you're aware of that as well.

Our energy field is also going to be interacting with other people, and will be affecting our own regulation as

well as theirs. So, there's the, like, the physical and the nervous system, and then you've got your energy

bodies reacting too.

261

00:29:51.790 --> 00:29:59.580

Dannyelle Tansey: But it all regulates in a similar way, when we can come back to the present moment. So

all of these things...

262

00:29:59.920 --> 00:30:06.259

Dannyelle Tansey: can be... it... I'm gonna say simple, but I don't mean easy.

263

00:30:06.420 --> 00:30:21.089

Dannyelle Tansey: It is as simple as coming back to the present moment. So, I was on a call the other day

with, with members of my membership, and I was saying how there is no other moment than this moment

right now.

264

00:30:22.500 --> 00:30:24.439

Dannyelle Tansey: And when you can actually reg...

265

00:30:24.890 --> 00:30:28.249

Dannyelle Tansey: Work your head around believing that.

266

00:30:28.470 --> 00:30:40.039

Dannyelle Tansey: You understand there's nothing from the past, there's nothing from the future, it's

actually right now, that's all there literally is. So anything that affected you even a minute ago, no longer

exists.

267

00:30:41.230 --> 00:30:55.079

Dannyelle Tansey: So... and then anything that's going to come in a minute's time doesn't exist yet. It's not here. So anything that our brain thinks it's going to be is only a perception and a thought of what it could be.

It's not actually what it's going to be.

268

00:30:55.690 --> 00:31:05.459

Dannyelle Tansey: So when we can live in that present moment, it stops our brain from Reacting in this response.

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00:31:06.780 --> 00:31:13.679

Dannyelle Tansey: Because we can then control it. We go, okay, right here, right now, I'm sitting here watching a computer, listening to a talk.

270

00:31:15.140 --> 00:31:16.580

Dannyelle Tansey: I'm not.

271

00:31:16.720 --> 00:31:25.220

Dannyelle Tansey: having to worry about the dishes I've got sitting on the sink. I'm not having to worry about the...

272

00:31:25.580 --> 00:31:31.279

Dannyelle Tansey: dog that tried to attack me this morning when I went for a walk, or, you know, something... just an example.

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00:31:31.460 --> 00:31:34.990

Dannyelle Tansey: Those things no longer exist, or don't exist yet.

274

00:31:36.720 --> 00:31:49.600

Dannyelle Tansey: Now, we live in such a heightened state that that is what is always going on in our brain.

Always. And then we're getting constant stimulation from everything as well, and input from everywhere.

275

00:31:49.770 --> 00:32:05.070

Dannyelle Tansey: So, but when we can bring ourselves into that present moment, and there's ways that we can do that, I don't know if I cover them specifically today, but things like just simply being aware of the sensations of your body when you're doing something.

276

00:32:05.440 --> 00:32:09.160

Dannyelle Tansey: So, even doing an everyday thing like washing your dishes.

277

00:32:09.730 --> 00:32:20.719

Dannyyelle Tansey: If you just literally tell yourself, you could do it out loud or just in your mind, what you're doing right now. What are you experiencing right now? You're not experiencing...

278

00:32:21.420 --> 00:32:36.839

Dannyyelle Tansey: the rest of the to-do list that's going on in your head, or, you know, all the people you've still got to check in with for the day, or whatever it is on that to-do list, or what's happened in the day. You are there right now, washing the dishes, washing the food off the dishes.

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00:32:36.960 --> 00:32:40.930

Dannyyelle Tansey: Your hands are feeling warm, soapy water.

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00:32:41.200 --> 00:32:50.769

Dannyyelle Tansey: It's just... just things like that. So you're literally telling your body what it is experiencing right now, and that brings you back into the present moment.

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00:32:51.400 --> 00:32:58.460

Dannyyelle Tansey: So, I remember... I remember when I had to do this, so I've been on this journey for, like.

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00:32:58.690 --> 00:33:00.309

Dannyyelle Tansey: I don't even know how long now.

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00:33:01.400 --> 00:33:05.100

Dannyyelle Tansey: At least 12 years of a mindfulness journey.

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00:33:05.100 --> 00:33:22.669

Dannyyelle Tansey: And right back at the start, these are things that I had to do. When I was taking the rubbish out, feel the grass under my feet, the sunshine on my face, or the wind blowing on my skin. So it is literally checking in and telling your body what it is experiencing right now in the present moment, so that you can get out of your head and into your body.

285

00:33:23.330 --> 00:33:27.530

Dannyyelle Tansey: This is how you regulate this part of your brain.

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00:33:29.420 --> 00:33:37.800

Dannyyelle Tansey: It is a very conscious... talk yourself through it until... You rewire your brain.

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00:33:38.510 --> 00:33:41.989

Dannyelle Tansey: Which I do talk about in a minute, so I'll come back to that.

288

00:33:42.100 --> 00:33:46.130

Dannyelle Tansey: So, chronic stress is when our body doesn't shift out.

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00:33:46.980 --> 00:33:51.100

Dannyelle Tansey: So, you may have heard someone's talk about that, or it's, you know.

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00:33:51.220 --> 00:33:57.569

Dannyelle Tansey: Listed somewhere as a cause of certain things, or maybe it's not listed as a cause of things, but...

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00:33:57.920 --> 00:34:04.100

Dannyelle Tansey: It is... the statistics are 90% of all

292

00:34:04.290 --> 00:34:09.650

Dannyelle Tansey: health conditions and disease is caused by stress. It is stress-related.

293

00:34:10.210 --> 00:34:19.880

Dannyelle Tansey: Only 10% usually is something that will be usually, like, a physical accident, or it might literally be a genetic thing that you're born with.

294

00:34:20.389 --> 00:34:29.879

Dannyelle Tansey: So a lot of things aren't even genetic, that we're told that they are. Things like obesity, things like heart conditions, they're genetic in the sense that they're passed on in our beliefs.

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00:34:30.060 --> 00:34:33.469

Dannyelle Tansey: Not actually in our physical DNA.

296

00:34:34.760 --> 00:34:38.239

Dannyelle Tansey: So, all of these things that are listed on my screen here.

297

00:34:39.110 --> 00:34:58.229

Dannyelle Tansey: Headaches, jaw tension, tight shoulders, racing mind, irritability, digestive issues, exhaustion, shallow breathing, and shutdown. These are... and things like feeling snappy, difficulty concentrating, shutting down, going numb. So they're things that...

298

00:34:58.400 --> 00:35:01.409

Dannyelle Tansey: How chronic stress begins to show up in our body.

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00:35:01.540 --> 00:35:20.460

Dannyelle Tansey: And then, because of all of these, and the way that our body stays in that heightened

state that I mentioned before, where our hormones are all out, our nutrition's all being put into different

places of our body and not actually to the places it's needed, our immune system, and our,

300
00:35:20.700 --> 00:35:25.770

Dannyelle Tansey: Adrenals, what else am I saying? Digestion. So all of that...

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00:35:25.970 --> 00:35:31.679

Dannyelle Tansey: stays, not working correctly. So this is where it causes

302

00:35:32.360 --> 00:35:49.530

Dannyelle Tansey: what we call dis-ease. So, you know, in the... in the medical world, it's just called disease.

Disease and disorder. But if you just hyphenate it, dis-ease. It's disharmony or dis-ease in the body. Our

body isn't at ease, it's not functioning properly, because

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00:35:49.540 --> 00:36:00.119

Dannyelle Tansey: We are in that heightened state where our system is out of whack and out of balance,

and it can't... literally cannot function properly, and it cannot heal.

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00:36:00.630 --> 00:36:05.379

Dannyelle Tansey: So... I think I've already covered this slide.

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00:36:05.530 --> 00:36:06.830

Dannyelle Tansey: Basically.

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00:36:07.130 --> 00:36:08.729

Dannyelle Tansey: I think it's this one I'm on to.

307

00:36:08.900 --> 00:36:15.520

Dannyelle Tansey: So stress becomes the problem when it never completes that cycle of resetting back to

that normal functioning.

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00:36:15.790 --> 00:36:30.659

Dannyelle Tansey: And our body can't, shift through it and return to being able to heal itself.

So it stays

switched on, but stress is also communication as well. So these signs back here.

309

00:36:30.780 --> 00:36:34.960

Dannyelle Tansey: They are communication that our stress response isn't switching off.

310

00:36:36.170 --> 00:36:41.670

Dannyelle Tansey: And we need to listen to that before it gets to the point of...

311

00:36:42.080 --> 00:36:53.589

Dannyyelle Tansey: I guess these things here, too. These things here on this list, so staying alert, your body doesn't feel lack, you're resetting, you're feeling exhausted all the time. Little things feel huge.

312

00:36:53.730 --> 00:37:04.570

Dannyyelle Tansey: The emotional overload that you have and your reactivity is always there. You're never feeling like you can respond to things in a good way. And your sleep is...

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00:37:04.910 --> 00:37:08.999

Dannyyelle Tansey: Is just shallow, or you're not getting enough, you can't sleep.

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00:37:09.200 --> 00:37:15.619

Dannyyelle Tansey: And yeah, basically this is your body feeling like it's never safe, because it's always switched on.

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00:37:15.960 --> 00:37:20.719

Dannyyelle Tansey: But it's not something that's just in your head. It's not something that...

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00:37:21.700 --> 00:37:30.629

Dannyyelle Tansey: you know, you're doing... necessarily doing anything wrong before that. It's simply, you're just... your brain has overridden everything.

317

00:37:31.030 --> 00:37:36.310

Dannyyelle Tansey: and is telling you that you're not safe. So you just have to learn how to tell your body it's safe.

318

00:37:36.600 --> 00:37:45.710

Dannyyelle Tansey: And mindfulness is one of those things, meditation is another one. Doing the art therapy activities that I teach, and we'll do a few of them in a moment.

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00:37:46.090 --> 00:37:48.090

Dannyyelle Tansey: Bring the awareness.

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00:37:48.510 --> 00:38:01.360

Dannyyelle Tansey: for us, of where things are and how we're being affected by things. Because the most common thing I hear from everyone when they're doing an art therapy thing is, I didn't actually know

321

00:38:01.680 --> 00:38:17.690

Dannyelle Tansey: this was going to come through, or, you know, I came into this with an expectation, and it didn't even go there. I didn't realize I was feeling this. You know, they're... they're the sorts of comments that happen all the time, even for myself, when I sit down and do an activity.

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00:38:18.020 --> 00:38:24.900

Dannyelle Tansey: It's... It's amazing what comes through, because we're talking with the subconscious mind when we're doing it.

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00:38:25.420 --> 00:38:36.889

Dannyelle Tansey: So, 3 ways that we can move through stress. Before I go into this, does anyone have any sort of questions so far? Or any... even any aha moments for anything?

324

00:38:39.550 --> 00:38:41.490

Dannyelle Tansey: Just pop yourself on mute.

325

00:38:41.980 --> 00:38:43.610

Danni: Everything?

326

00:38:44.040 --> 00:38:46.760

Danni: Everything. Oh, yeah!

327

00:38:47.380 --> 00:38:48.230

Dannyelle Tansey: Yep.

328

00:38:48.760 --> 00:38:49.880

Dannyelle Tansey: Sally, you were gonna say.

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00:38:49.880 --> 00:38:55.710

Sally Donnelly: I was nodding away madly. I'm... my body just carries a lot of stress. My shoulders...

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00:38:55.770 --> 00:39:10.470

Sally Donnelly: they're always tight, and yeah, I know that's where it goes, and yeah, sometimes you just feel... my sleep has been really, really bad lately, and I've actually been going to work some days and have not slept through the night.

331

00:39:10.750 --> 00:39:14.449

Dannyelle Tansey: And that concerns me, because I've got to be on my A game at work.

332

00:39:14.450 --> 00:39:31.789

Sally Donnelly: And I don't want to, you know, put myself in danger as well as other people, so that... then

you carry that burden as well, so it's sort of just an ongoing cycle if you don't manage it in the first place. So

there's been a few, like, yep, doing that, that's me, that's me, that's me, sort of thing, so... yeah.

333

00:39:31.790 --> 00:39:39.509

Dannyelle Tansey: Yeah, yeah, cool. So I hope through this next part, what about for yourself, Libby? Was

there any sort of aha moments or anything?

334

00:39:42.410 --> 00:39:43.860

libby: If I could write a list.

335

00:39:43.990 --> 00:39:44.620

libby: Everything.

336

00:39:45.320 --> 00:39:48.349

libby: You'd already written it.

337

00:39:48.890 --> 00:39:52.650

libby: And I was like, yeah, I can't sleep because my body...

338

00:39:53.360 --> 00:39:59.489

libby: is tight, you know? Like, my joints hurt, my jaw hurts, headaches, like, it's...

339

00:40:01.370 --> 00:40:04.420

libby: My body is constantly telling me that

340

00:40:05.080 --> 00:40:10.749

libby: You're not okay right now, and unless you fix it, We're not getting better.

341

00:40:11.380 --> 00:40:13.790

libby: And it's exhausting, and it's...

342

00:40:13.790 --> 00:40:14.180

Dannyelle Tansey: Yep.

343

00:40:14.180 --> 00:40:21.469

libby: Yeah, you don't realize... That it... it's something so simple, like, the word is, like...

344

00:40:22.370 --> 00:40:29.310

libby: Six letters, yet it can cause So much, you know, and...

345

00:40:29.680 --> 00:40:31.830

libby: Yeah, and it shouldn't be that way.

346

00:40:33.730 --> 00:40:35.410

libby: Yeah, it's mostly.

347

00:40:35.410 --> 00:40:42.499

Dannyelle Tansey: Just because we're not taught exactly what that response is in our body, and how we switch it back off.

348

00:40:42.640 --> 00:40:57.000

Dannyelle Tansey: And... and that's why I say it's simple, because it sounds so simple, but it's not necessarily easy, because we're retraining ourselves. So this is the biggest thing. We're not... we haven't been taught, unless you've grown up with

349

00:40:57.910 --> 00:41:04.720

Dannyelle Tansey: With the mother teaching you this, or a father teaching you this, or lucky enough to have gone to a school that happens to teach this.

350

00:41:04.880 --> 00:41:08.020

Dannyelle Tansey: Then, you haven't learned how to regulate.

351

00:41:09.770 --> 00:41:17.909

Dannyelle Tansey: And this is where we've got so much chronic disease. It's not just from any external factors, it's actually more internal.

352

00:41:18.030 --> 00:41:23.290

Dannyelle Tansey: Because our internal environment isn't functioning properly because we're in a chronic stress state.

353

00:41:23.380 --> 00:41:42.559

Dannyelle Tansey: All of those external factors impact us too. So, you know, the different chemicals that are around us, the different foods we're eating, they're only affecting us because our system can't cope with it, because it's already not coping. It's already... sorry, it's not already not coping, it's already hypervigilant, and doesn't have the capacity to cope with more.

354

00:41:43.820 --> 00:41:58.220

Dannyelle Tansey: So that... that's where, really, the environmental toxins... so this is where I... I don't know if Danny's maybe in one of some of the, Crunchy Mums pages and things like that, but often, if I see a post in there, I'm always like.

355

00:41:58.250 --> 00:42:05.139

Dannyelle Tansey: The stress of the thing is actually going to do you more harm than the thing itself.

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00:42:05.940 --> 00:42:10.300

Dannyelle Tansey: So, where you're so hypervigilant about something, being...

357

00:42:10.410 --> 00:42:25.860

Dannyelle Tansey: clean and, you know, toxic-free and all of these sorts of things, or even you're being

hypervigilant about how you're reacting over something emotionally. You know, all of that hypervigilance

over things is actually doing you more harm than the thing itself.

358

00:42:26.410 --> 00:42:35.699

Dannyelle Tansey: Always. Because you're sending yourself into this stress response, where everything shuts

down to just go into survival mode, fight or flight.

359

00:42:36.150 --> 00:42:39.729

Dannyelle Tansey: Okay, so it's... it's preparing our body to freeze.

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00:42:40.600 --> 00:42:43.759

Dannyelle Tansey: Actually, freeze is not a healthy one.

361

00:42:44.010 --> 00:42:50.629

Dannyelle Tansey: Unless you need to freeze from a snake, maybe? But usually it's not a very healthy one,

it's gonna keep you in place.

362

00:42:50.730 --> 00:43:06.500

Dannyelle Tansey: But fight or flight, you know, we're running from something, or we're fighting it off to

save our lives. So, you know, we don't actually need to do that to things like bills, or we don't need to do

that to the different stories we have on social media. We're not the ones in the situation fighting for our

lives.

363

00:43:06.500 --> 00:43:13.360

Dannyelle Tansey: Don't let those things affect you by bringing yourself back to where you actually are right

now, and what you're doing, what you're experiencing.

364

00:43:15.130 --> 00:43:28.540

Dannyelle Tansey: And then, say, for Sally, for example, obviously at work, she's not going to be telling

herself that she doesn't need to be on alert, or anything like that, because she actually does. But when she

knocks off.

365

00:43:28.700 --> 00:43:36.850

Dannyyelle Tansey: She needs to do some practices for herself, where she talks her body through being safe and not needing to be so switched on.

366

00:43:37.560 --> 00:43:40.110

Dannyyelle Tansey: Because she's no longer in that situation.

367

00:43:40.310 --> 00:43:45.709

Dannyyelle Tansey: So, in a job like that, that response is important and needed.

368

00:43:45.910 --> 00:43:47.889

Dannyyelle Tansey: But we need to switch it back out.

369

00:43:49.010 --> 00:43:55.710

Dannyyelle Tansey: And... and then also know how to switch it off when our normal day-to-day life also affects that as well.

370

00:43:56.710 --> 00:44:01.429

Dannyyelle Tansey: So, we do this by moving through 3 different stages.

371

00:44:02.370 --> 00:44:06.569

Dannyyelle Tansey: And this is kind of... this will kind of imp... in...

372

00:44:08.270 --> 00:44:12.480

Dannyyelle Tansey: Implies mindfulness within this whole, sort of.

373

00:44:13.250 --> 00:44:17.610

Dannyyelle Tansey: a thing. So, mindfulness is simply awareness and being present.

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00:44:18.290 --> 00:44:23.940

Dannyyelle Tansey: So, awareness of the present moment. That is simply what mindfulness means when I say mindfulness.

375

00:44:24.400 --> 00:44:32.419

Dannyyelle Tansey: And when I say it's a practice of mindfulness, it is paying attention to these things, but also bringing our mind into what we're doing.

376

00:44:33.950 --> 00:44:36.910

Dannyyelle Tansey: So, sensation, emotion, and need.

377

00:44:37.340 --> 00:44:41.169

Dannyyelle Tansey: Gonna make sure I'm on the right page. So each layer...

378

00:44:41.540 --> 00:44:57.249

Dannyelle Tansey: We're going to... I'm going to teach you a little bit about it, we're going to do a little bit of

embodied awareness of ourselves, and then a small, short art expression for each section, and then we'll

share some reflections of each stage as well as we go through.

379

00:44:58.170 --> 00:45:00.220

Dannyelle Tansey: Checking how we're going for time.

380

00:45:00.650 --> 00:45:06.350

Dannyelle Tansey: So the first stage is sensation awareness.

381

00:45:07.650 --> 00:45:11.500

Dannyelle Tansey: So, before emotions start, It's...

382

00:45:11.990 --> 00:45:17.269

Dannyelle Tansey: Or even before a thought becomes loud, our body is actually starting to speak through sensations.

383

00:45:17.450 --> 00:45:26.770

Dannyelle Tansey: It speaks through... My brain today, my goodness me.

384

00:45:27.210 --> 00:45:35.229

Dannyelle Tansey: This is because I've been in fight or flight this morning, so my brain still hasn't got back

to functioning properly, because I had to get straight on here.

385

00:45:36.220 --> 00:45:39.740

Dannyelle Tansey: So, before our body,

386

00:45:40.170 --> 00:45:55.490

Dannyelle Tansey: Sorry, our body whispers before it shouts, is what I'm trying to say. So, you guys have

already listed some of these sensations, right? The tight jaw, the heavy chest, the knot in the stomach,

these are all probably a little bit smaller sensations than, say, the tight shoulders and the tight,

387

00:45:55.910 --> 00:46:03.169

Dannyelle Tansey: joints being unable to sleep. These are signs before that happens, so these are signs

that'll happen in the moment.

388

00:46:03.410 --> 00:46:12.190

Dannyelle Tansey: You might feel the lump in the throat, maybe you're not feeling like you can safely express yourself, or something like that. Usually, there's something that happens in the throat.

389

00:46:12.350 --> 00:46:17.500

Dannyelle Tansey: You might start to feel hot, or your hands might feel cold. You might feel a bit of restlessness.

390

00:46:17.630 --> 00:46:33.030

Dannyelle Tansey: Then the tension starts to build, the breath starts to get shallower, maybe you feel weak or heavy. So these are different types of sensations you might experience. There's probably a lot of different ones as well. Everyone experiences things differently.

391

00:46:33.470 --> 00:46:38.650

Dannyelle Tansey: And how their body shows it may... be different.

392

00:46:39.210 --> 00:46:44.970

Dannyelle Tansey: And then in motherhood particularly, we're often so constantly busy.

393

00:46:45.550 --> 00:46:49.309

Dannyelle Tansey: That these early whispers go ignored.

394

00:46:49.450 --> 00:46:52.710

Dannyelle Tansey: Completely, or overridden as something else, or...

395

00:46:53.010 --> 00:46:57.330

Dannyelle Tansey: Completely ignored in favor of other people's needs.

396

00:46:57.890 --> 00:46:58.990

Dannyelle Tansey: Usually.

397

00:46:59.540 --> 00:47:02.870

Dannyelle Tansey: So then we start to have other things show up.

398

00:47:04.370 --> 00:47:09.689

Dannyelle Tansey: So... That's the same list.

399

00:47:09.950 --> 00:47:25.349

Dannyelle Tansey: So these sensations actually aren't random, either. They are just the body going, hey, I need attention, so you need to pay attention, and you need to work out what is causing that. So what's actually causing them? It could be something like noise.

400

00:47:25.650 --> 00:47:34.579

Dannyelle Tansey: There could be a fan going that is causing you to be irritated, and then this is sending your body into a heightened state.

401

00:47:35.050 --> 00:47:36.590

Dannyelle Tansey: And you're getting snappy.

402

00:47:37.010 --> 00:47:40.979

Dannyelle Tansey: That's one example. Noise is a big trigger for me, personally.

403

00:47:41.460 --> 00:47:43.310

Dannyelle Tansey: It could be...

404

00:47:44.000 --> 00:47:53.899

Dannyelle Tansey: at the end, we're going to talk about needs, but it could be a need that you're ignoring as well. You know, maybe you haven't drunk enough water, things like that. I won't keep on that list, because that's later.

405

00:47:54.060 --> 00:48:07.039

Dannyelle Tansey: But you need to stop and pay attention, because it is just your body trying to signal you, there's something that's not quite right, let's pay attention to it, and we can switch it off there.

406

00:48:07.050 --> 00:48:16.929

Dannyelle Tansey: So before we add to all of our overwhelm and everything else, add to the tension in our body, we can stop it there. We can go, okay.

407

00:48:17.480 --> 00:48:32.439

Dannyelle Tansey: I'm... I'm snapping. I've ignored something else. What else has been going on? And what has caused that to go on? It's just about being curious with yourself, and... and actually being aware of what you're experiencing. So again, coming back to that present moment.

408

00:48:33.130 --> 00:48:41.870

Dannyelle Tansey: of, what am I feeling right now? So this is why I always start my sessions with something where it is tuning in with yourself at the beginning of a session.

409

00:48:42.120 --> 00:48:56.480

Dannyelle Tansey: Because as we go through, you're gonna start to actually build that little bit more awareness as we go, and there'll be some practices where you do tune in, and so you'll feel different at the

end. But it's really important to just always just check in with yourself.

410

00:48:56.840 --> 00:49:04.529

Dannyelle Tansey: When you're feeling emotional, when you're feeling triggered by everything, or one thing even, Just, just check in.

411

00:49:04.930 --> 00:49:07.069

Dannyelle Tansey: Okay, what am I experiencing?

412

00:49:07.210 --> 00:49:10.549

Dannyelle Tansey: What am I feeling? What am I thinking? What do I need?

413

00:49:11.340 --> 00:49:19.189

Dannyelle Tansey: And this is, again, where I say it's simple, but this part is kind of easy. We just have to talk ourselves through those questions.

414

00:49:20.030 --> 00:49:22.900

Dannyelle Tansey: What do I need right now, is another one.

415

00:49:23.120 --> 00:49:27.270

Dannyelle Tansey: Okay? And after this.

416

00:49:27.780 --> 00:49:37.299

Dannyelle Tansey: it might come through tomorrow, not today. You'll get an email as well that'll have these things in it, of how you can just check in.

417

00:49:38.550 --> 00:49:42.949

Dannyelle Tansey: And I really wish I had a pen, actually, to make sure that I do put those questions on there.

418

00:49:43.320 --> 00:49:46.490

Dannyelle Tansey: Give me 2 seconds, I'm gonna write myself a quick message.

419

00:49:47.690 --> 00:49:52.049

Dannyelle Tansey: Because I know those questions aren't on there.

420

00:49:56.070 --> 00:50:00.169

Dannyelle Tansey: sometimes I have all my notes, but I never quite know where my,

421

00:50:01.530 --> 00:50:03.430

Dannyelle Tansey: Thoughts are going to take the session.

422

00:50:05.560 --> 00:50:06.330

Dannyelle Tansey: Okay.

423

00:50:06.990 --> 00:50:16.050

Dannyelle Tansey: So... Your body always speaks before your emotions, so if your emotions start, Just backtrack a little bit.

424

00:50:16.430 --> 00:50:27.460

Dannyelle Tansey: Why? So this is where we do want to bring ourselves to the present, but then pay attention to the past, of just, you know, what's been going on through the morning? Why have I got to this point? What is it I've missed?

425

00:50:28.020 --> 00:50:29.370

Dannyelle Tansey: And then...

426

00:50:30.430 --> 00:50:43.980

Dannyelle Tansey: If you don't pick those up early, they turn into things like this, and then they go further into the disease and dysregulation that I spoke about earlier as well. So, anxiety, anger, overwhelm, shutting down, snapping.

427

00:50:44.010 --> 00:50:53.449

Dannyelle Tansey: emotions are just overflowing and feeling out of control, burnout, things like that. These all are signs that you've missed

428

00:50:53.460 --> 00:51:04.839

Dannyelle Tansey: the early signs, and you really need to start to pay attention, because past this part, we get worse, right? Our body keeps building, it keeps storing, and keeps trying to get your attention.

429

00:51:05.480 --> 00:51:11.849

Dannyelle Tansey: So usually, unless you have physically hurt yourself, if you have a pain somewhere.

430

00:51:13.020 --> 00:51:16.020

Dannyelle Tansey: Just might want to be curious as to what that's trying to tell you.

431

00:51:16.950 --> 00:51:20.579

Dannyelle Tansey: You want to tune into your body, and you want to listen.

432

00:51:20.710 --> 00:51:24.959

Dannyelle Tansey: Sometimes, so there's this really good book, which I have here.

433

00:51:29.260 --> 00:51:34.249

Dannyelle Tansey: The secret language of the body, of your body. I don't know if you can see that, it blurs it out.

434

00:51:34.410 --> 00:51:41.429

Dannyelle Tansey: By Inga... Inner Segal, or Seagal, however you pronounce it.

435

00:51:41.840 --> 00:51:48.040

Dannyelle Tansey: That has got, like, if you have something... pain in your knees, or experiencing something in your knees.

436

00:51:48.290 --> 00:51:51.339

Dannyelle Tansey: And on a right side, it'll mean a certain thing.

437

00:51:51.610 --> 00:51:56.050

Dannyelle Tansey: Okay, so that's a really good book if you're really wanting to understand what your body's...

438

00:51:56.320 --> 00:52:15.490

Dannyelle Tansey: I'm telling you, and you can't necessarily tune into that intuitively, a book like that could be really good. But also just being curious with yourself and asking what that means. There's another really good one called The Body Keeps the Score, as well. If you're someone who likes to read and learn about these things further, there's some really good books, too.

439

00:52:15.830 --> 00:52:21.470

Dannyelle Tansey: to get... So, what we're going to do now is...

440

00:52:21.900 --> 00:52:26.239

Dannyelle Tansey: Tune in to ourselves, and we're going to pay attention to the sensations.

441

00:52:27.480 --> 00:52:32.139

Dannyelle Tansey: So, if you're in a situation where you are able to just get comfortable.

442

00:52:32.390 --> 00:52:39.249

Dannyelle Tansey: And close your eyes, or you can just soften your gaze, so kind of just going inward, if you can't close your eyes.

443

00:52:39.790 --> 00:52:42.010

Dannyelle Tansey: And I'm gonna take you through just a very short

444

00:52:42.490 --> 00:52:47.930

Dannyelle Tansey: It's a bit of a meditation, but it's a bit more of just... just centering yourself.

445

00:52:48.040 --> 00:52:50.730

Dannyelle Tansey: And... paying attention to what's going on.

446

00:52:55.190 --> 00:52:57.170

Dannyelle Tansey: So we just start with our breath.

447

00:52:58.840 --> 00:53:01.379

Dannyelle Tansey: You don't need to change it or deepen it.

448

00:53:03.880 --> 00:53:05.700

Dannyelle Tansey: Who's going to pay attention?

449

00:53:06.380 --> 00:53:07.880

Dannyelle Tansey: To how it feels.

450

00:53:20.680 --> 00:53:23.430

Dannyelle Tansey: How does it feel as it comes through your nose?

451

00:53:24.070 --> 00:53:25.570

Dannyelle Tansey: And into your chest.

452

00:53:28.180 --> 00:53:29.680

Dannyelle Tansey: Is it shallow?

453

00:53:31.980 --> 00:53:33.500

Dannyelle Tansey: Was it tight?

454

00:53:35.420 --> 00:53:38.830

Dannyelle Tansey: Or is it a full breath that goes right down to the belly?

455

00:53:43.430 --> 00:53:45.350

Dannyelle Tansey: So, why don't you just feel it?

456

00:53:45.530 --> 00:53:47.199

Dannyelle Tansey: Not to think about it.

457

00:54:03.240 --> 00:54:08.009

Dannyelle Tansey: Failing... The air, if it's cold or warm.

458

00:54:13.190 --> 00:54:15.910

Dannyelle Tansey: Do you often think about how you're breathing?

459

00:54:19.050 --> 00:54:21.309

Dannyelle Tansey: Or do you leave it just being automatic?

460

00:54:26.720 --> 00:54:29.590

Dannyelle Tansey: Now you're going to bring your attention to your feet.

461

00:54:30.640 --> 00:54:33.489

Dannyelle Tansey: Noticing the contact with the floor.

462

00:54:36.300 --> 00:54:37.859

Dannyelle Tansey: There might be warm.

463

00:54:38.010 --> 00:54:41.430

Dannyelle Tansey: or pressure... Or maybe there's coolness?

464

00:54:43.020 --> 00:54:44.490

Dannyelle Tansey: Stillness.

465

00:54:45.130 --> 00:54:47.979

Dannyelle Tansey: What is it that you notice at your feet?

466

00:54:54.140 --> 00:54:57.049

Dannyelle Tansey: Now we're gonna take a slow breath in.

467

00:54:59.420 --> 00:55:01.760

Dannyelle Tansey: Just hold onto it for a little moment.

468

00:55:02.890 --> 00:55:08.169

Dannyelle Tansey: And slowly let it out, just a little bit longer than the in-breath.

469

00:55:13.910 --> 00:55:17.890

Dannyelle Tansey: Move your awareness up your legs and your hips.

470

00:55:22.610 --> 00:55:25.010

Dannyelle Tansey: Just pay attention to what's here.

471

00:55:27.930 --> 00:55:29.450

Dannyelle Tansey: Is the heaviness?

472

00:55:29.550 --> 00:55:35.109

Dannyelle Tansey: Oh, tension... Or restlessness?

473

00:55:35.640 --> 00:55:37.090

Dannyelle Tansey: or softness.

474

00:55:38.240 --> 00:55:41.500

Dannyelle Tansey: There's no right or wrong, we're just noticing.

475

00:55:46.730 --> 00:55:51.010

Dannyelle Tansey: We're gonna take another slow breath in, and hold it for a moment.

476

00:55:52.930 --> 00:55:58.770

Dannyelle Tansey: And then as you release, slowly, letting it go just a little bit longer than the umbra.

477

00:56:04.070 --> 00:56:08.129

Dannyelle Tansey: You're going to move your awareness to your belly and your chest.

478

00:56:11.620 --> 00:56:14.170

Dannyelle Tansey: Noticing it rise and fall.

479

00:56:19.290 --> 00:56:20.900

Dannyelle Tansey: Any tightness?

480

00:56:21.060 --> 00:56:22.260

Dannyelle Tansey: That's here.

481

00:56:22.840 --> 00:56:24.479

Dannyelle Tansey: Or is there spaciousness?

482

00:56:31.610 --> 00:56:35.129

Dannyelle Tansey: And just one more full breath in.

483

00:56:35.410 --> 00:56:38.280

Dannyelle Tansey: Take this one all the way down to your tummy.

484

00:56:39.970 --> 00:56:43.190

Dannyelle Tansey: And slowly... let it out.

485

00:56:48.180 --> 00:56:54.950

Dannyelle Tansey: Now I want you to find one place in your body It feels... Tight.

486

00:56:55.140 --> 00:56:56.310

Dannyelle Tansey: or busy.

487

00:56:58.580 --> 00:57:02.250

Dannyelle Tansey: And I want you to just notice... And listen.

488

00:57:09.920 --> 00:57:11.650

Dannyelle Tansey: What is it telling you?

489

00:57:18.390 --> 00:57:23.280

Dannyelle Tansey: Now you're going to find a place that feels softer or quieter.

490

00:57:29.170 --> 00:57:31.219

Dannyelle Tansey: And what is that place telling you?

491

00:57:32.960 --> 00:57:34.700

Dannyelle Tansey: Or have to say to you.

492

00:57:39.430 --> 00:57:40.880

Dannyelle Tansey: Acknowledge both.

493

00:57:41.150 --> 00:57:43.040

Dannyelle Tansey: The heavy and the soft.

494

00:57:48.320 --> 00:57:50.900

Dannyelle Tansey: Now we're going to take another breath in.

495

00:57:56.320 --> 00:58:01.860

Dannyelle Tansey: And as you breathe out, you can slowly begin to bring your attention back to the room.

496

00:58:24.010 --> 00:58:27.970

Dannyelle Tansey: And while you're still in the feeling of that.

497

00:58:28.170 --> 00:58:33.860

Dannyelle Tansey: I want you to choose a color, so just one color, we're gonna choose... we're only gonna use 3 colours.

498

00:58:34.010 --> 00:58:36.489

Dannyelle Tansey: Today, or maybe a fourth one when we get to the end.

499

00:58:36.710 --> 00:58:38.739

Dannyelle Tansey: And we're just going to choose one color.

500

00:58:39.650 --> 00:58:46.780

Dannyelle Tansey: And we're going to draw a simple symbol that represents the strongest sensation that was in our body.

501

00:58:50.260 --> 00:58:52.980

Dannyelle Tansey: And remember, we're feeling, we're not thinking.

502

00:59:02.620 --> 00:59:06.329

Dannyelle Tansey: I'll give you 30 seconds so we're not doing any perfectionist.

503

00:59:08.940 --> 00:59:10.419

Dannyelle Tansey: Thoughts of this one?

504

00:59:18.730 --> 00:59:23.640

Dannyelle Tansey: So, one color for the strongest sensation in our body right now.

505

00:59:56.720 --> 01:00:01.679

Dannyelle Tansey: And I just want you to pay attention to what the sensation is communicating with you.

506

01:00:04.840 --> 01:00:08.229

Dannyelle Tansey: Has it been there for a while, or is it new?

507

01:00:11.800 --> 01:00:15.530

Dannyelle Tansey: And what it might be asking you to do.

508

01:00:17.940 --> 01:00:21.950

Dannyelle Tansey: So I've just got those reflection questions up on the screen as you draw.

509

01:00:34.000 --> 01:00:39.710

Dannyelle Tansey: And... If you would like to unmute.

510

01:00:40.370 --> 01:00:44.679

Dannyelle Tansey: We can go... you can choose whoever wants to unmute.

511

01:00:45.030 --> 01:00:50.130

Dannyelle Tansey: And just share the one word of the sensation, or two words.

512

01:00:50.400 --> 01:00:52.790

Dannyelle Tansey: And... just show you picture.

513

01:00:56.300 --> 01:01:01.940

Dannyelle Tansey: If you need to unpack it more, we can do that at the end. I just want to be mindful of

everyone's time, so I'll...

514

01:01:02.590 --> 01:01:05.920

Dannyelle Tansey: Yeah, we'll keep it to just, like, a few words and show your picture.

515

01:01:06.550 --> 01:01:08.480

Dannyelle Tansey: And we can unpack at the end.

516

01:01:15.690 --> 01:01:19.029

Danni: I can show you mine. I'm not sure if you can see.

517

01:01:19.870 --> 01:01:20.550

Dannyelle Tansey: Yep.

518

01:01:21.290 --> 01:01:24.499

Danni: And to me, that's strength, like climbing a mountain.

519

01:01:25.380 --> 01:01:26.989

Dannyelle Tansey: Beautiful, thank you.

520

01:01:27.170 --> 01:01:30.209

Dannyelle Tansey: Sally, you look like you're still going, so I'll go Libby.

521

01:01:39.690 --> 01:01:40.620

libby: It's hot.

522

01:01:41.500 --> 01:01:43.229

Dannyelle Tansey: Okay, beautiful, thank you.

523

01:01:43.230 --> 01:01:44.930

libby: sharp and tight.

524

01:01:45.650 --> 01:01:46.410

Dannyelle Tansey: Okay.

525

01:01:46.770 --> 01:01:48.540

libby: Sally.

526

01:01:52.200 --> 01:01:54.539

Dannyelle Tansey: Oh, I've got to unmute again.

527

01:01:55.600 --> 01:01:56.310

Sally Donnelly: Every day.

528

01:01:57.020 --> 01:01:57.710

Dannyelle Tansey: They go.

529

01:01:57.920 --> 01:02:07.269

Sally Donnelly: Mine was just a simple circle, and I wanted sort of yellow. I just felt yellow was coming at

me, and I think it's just fullness. I'm getting the word fullness.

530

01:02:07.380 --> 01:02:10.770

Sally Donnelly: And just, repeating the process.

531

01:02:11.320 --> 01:02:14.040

Dannyelle Tansey: Okay, perfect. Thank you very much.

532

01:02:15.190 --> 01:02:31.930

Dannyelle Tansey: So we're also going to do this for the next two ways as well. So kind of by the time we

get to the end, you'll have the sensation, the emotion, and the need, and then what we're going to do at the

very end is the integration of bringing them together. So that's where we can unpack these a little bit further

if we need.

533

01:02:33.210 --> 01:02:45.109

Dannyelle Tansey: So, the next one is emotional awareness. So, our emotions come after those sensations,

remember? So, once we acknowledge the sensation, we can naturally meet the emotion

534

01:02:45.200 --> 01:02:56.699

Dannyelle Tansey: Beneath it as well. Our emotions are the messengers that we're not listening. So, our

sensations, our messengers, our emotions are the next messengers.

535

01:02:58.190 --> 01:03:08.079

Dannyelle Tansey: And again, what, as mothers, as what we do, is we really never get the space to actually

sit and feel with our emotions.

536

01:03:08.380 --> 01:03:15.319

Dannyelle Tansey: So we can often suppress them and go, we need to deal with that later, or I can't deal

with that right now, is actually probably more so what we do.

537

01:03:15.690 --> 01:03:21.529

Dannyelle Tansey: And we just hold it all together, we stay strong, we push through, and we keep

functioning for everyone else.

538

01:03:22.630 --> 01:03:28.379

Dannyelle Tansey: But what our emotions... they don't disappear. So they just stay in our body.

539

01:03:29.390 --> 01:03:31.520

Dannyelle Tansey: And they just keep building up.

540

01:03:32.020 --> 01:03:38.589

Dannyelle Tansey: So this is, again, where that real tightness will come, or we might start to experience

pain.

541

01:03:38.890 --> 01:03:42.179

Dannyelle Tansey: Often, shoulders are often, like.

542

01:03:42.350 --> 01:03:52.270

Dannyelle Tansey: burden, or the load that you're wearing. Things like knees, or the inability to either move

forward, or you're not feeling supported.

543

01:03:52.470 --> 01:03:55.740

Dannyelle Tansey: These are all sorts of messages that come from our body.

544

01:03:56.370 --> 01:04:02.819

Dannyelle Tansey: And the different parts of our body can tell us different things. So different parts of your

back can tell you different things as well.

545

01:04:04.610 --> 01:04:13.370

Dannyelle Tansey: I, like, we don't have enough time to go into everything there today, but just being

mindful that different parts of our body... if you think about what they do for our body.

546

01:04:13.400 --> 01:04:27.410

Dannyelle Tansey: this... the emotion will usually be kind of a similar thing that'll be telling you. So if you're

feeling like you're really tied up in your shoulders, you're holding everything in yourself, you feel like you're

overburdened.

547

01:04:27.560 --> 01:04:37.449

Dannyelle Tansey: So maybe what you need to do with that is to listen to that sensation and emotions that

you might be having around that. Maybe you're feeling some resentment towards someone or something.

548

01:04:37.550 --> 01:04:42.560

Dannyelle Tansey: Or maybe you're feeling... is feeling overburdened and overwhelmed, and...

549

01:04:48.890 --> 01:04:59.289

Dannyelle Tansey: It's like everything is on your shoulders. Like, they might literally do to lessen that is

speaking about it to the people who can start to make a difference there. So maybe you need to...

550

01:04:59.880 --> 01:05:03.249

Dannyelle Tansey: I hope my internet's telling me unstable, can you guys hear me okay?

551

01:05:08.870 --> 01:05:10.070

Dannyelle Tansey: Hopefully you can.

552

01:05:10.220 --> 01:05:16.409

Dannyelle Tansey: So... Yeah, when we feel those things, paying attention.

553

01:05:17.070 --> 01:05:25.680

Dannyelle Tansey: And then start to voice, okay, so I'm feeling like I'm taking on too much. I need to start

maybe delegating, or I need to start asking for help.

554

01:05:26.090 --> 01:05:31.430

Dannyelle Tansey: These are messages from our emotions and our sensations together.

555

01:05:32.350 --> 01:05:44.039

Dannyelle Tansey: So some of the emotions that we might feel are things like the sadness, guilt, loneliness, pressure, fear, frustration, overwhelm.

556

01:05:44.300 --> 01:05:45.600

Dannyelle Tansey: numbness.

557

01:05:45.840 --> 01:05:49.880

Dannyelle Tansey: Resentment and shame. Maybe there's confusion.

558

01:05:50.130 --> 01:05:55.670

Dannyelle Tansey: Different things like that. So all of these emotions, there's nothing actually wrong with them.

559

01:05:56.040 --> 01:06:03.629

Dannyelle Tansey: So, there's no emotion that is good or bad, it's only whether we allow it to flow through us, or we keep it stuck.

560

01:06:04.600 --> 01:06:11.750

Dannyelle Tansey: So this is where we want to pay attention to what comes before the emotions. Why am I feeling fear? Why am I feeling pressure?

561

01:06:12.030 --> 01:06:15.289

Dannyelle Tansey: Why am I feeling guilt? Is this actually...

562

01:06:16.060 --> 01:06:23.749

Dannyelle Tansey: well, a couple of questions you can also ask is, is this actually valid? So, is this true, or is this my mind?

563

01:06:24.040 --> 01:06:29.529

Dannyelle Tansey: Telling me something to try and keep me safe, but it's not actually keeping you safe.

564

01:06:29.700 --> 01:06:31.099

Dannyelle Tansey: It keeps you stuck.

565

01:06:31.660 --> 01:06:34.559

Dannyelle Tansey: So our mind likes to try and be in control.

566

01:06:34.860 --> 01:06:39.609

Dannyelle Tansey: And it likes to keep us safe, but sometimes those things that keep us safe

567

01:06:39.820 --> 01:06:42.210

Dannyelle Tansey: Are actually just keeping us stuck.

568

01:06:44.740 --> 01:06:52.310

Dannyelle Tansey: And if we don't get curious about why we feel fear, for example, why am I feeling fear

about everything right now?

569

01:06:53.450 --> 01:07:09.850

Dannyelle Tansey: then you can't actually start to unpack that and unravel it if you don't get curious as to

why. So then we can go back to things like, okay, what are the sensations in our body? And then when we

get to the needs, we can also look at, okay, what needs are not being met, why am I feeling afraid?

Depending on whatever that fear is.

570

01:07:12.780 --> 01:07:21.000

Dannyelle Tansey: So, emotions are never wrong, there's nothing bad, they're just messengers. So, anger

could be... our boundary might have been crossed.

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01:07:21.240 --> 01:07:28.400

Dannyelle Tansey: Sadness could be saying that something just needs to soften, needs to be allowed and

felt.

572

01:07:29.300 --> 01:07:32.370

Dannyelle Tansey: Maybe you need to reach out to someone.

573

01:07:32.670 --> 01:07:38.630

Dannyelle Tansey: Overwhelm could be saying that your capacity has just simply been exceeded. How can

you lessen that?

574

01:07:39.020 --> 01:07:52.389

Dannyelle Tansey: Is that something that you've put on yourself, or is that something that someone else has

put on you, and you need to express that with them? Or you need to lower your own expectations of

yourself, or pressure that you put on yourself?

575

01:07:53.370 --> 01:08:02.399

Dannyelle Tansey: Anxiety can come from things feeling uncertain, but again, anxiety is very much our living

in the future, so the what-ifs.

576

01:08:02.630 --> 01:08:14.829

Dannyelle Tansey: what if this happens, or what if that happens, or things like that. Whereas living in our

past is... is bringing the past with us into the present. And that's often depression.

577

01:08:15.080 --> 01:08:22.039

Dannyelle Tansey: Anxiety is often where we're bringing things from our future, worries and fears and...

578

01:08:22.490 --> 01:08:29.249

Dannyelle Tansey: Possibilities into the present moment, but they don't belong in the present moment, because they're not here yet.

579

01:08:29.740 --> 01:08:34.279

Dannyelle Tansey: And they may never actually come to be, either. They're always a what-if.

580

01:08:35.710 --> 01:08:42.590

Dannyelle Tansey: So, learning, and then something like numbness could be that your system has just been overloaded for too long.

581

01:08:42.870 --> 01:08:55.079

Dannyelle Tansey: So if you start to feel like you can't feel, or you don't know what you feel, it's because

you've been in this sort of state for too long, and not paying attention, so your body starts to just ignore it.

582

01:08:56.350 --> 01:09:03.150

Dannyelle Tansey: And something that, you know, we actually... doesn't get spoken about very often, and I

did touch on this in the beginning.

583

01:09:05.250 --> 01:09:08.459

Dannyelle Tansey: I think that's this slide. When we're...

584

01:09:09.260 --> 01:09:21.669

Dannyelle Tansey: when our body is heightened, we're not paying attention to the sensations, we're not

paying attention to the emotions, and we're not letting them shift and go through their natural cycle. The

body stays in fight or flight.

585

01:09:21.830 --> 01:09:31.439

Dannyelle Tansey: and survival mode, and long-term repair cannot occur at all. So literally, when we are in

fight or flight, our system cannot heal and repair.

586

01:09:31.750 --> 01:09:39.530

Dannyelle Tansey: We must return to the state of normal functioning, or the relaxation response, or

homeostasis is the other word.

587

01:09:39.740 --> 01:09:42.010

Dannyyelle Tansey: To be able to, for any...

588

01:09:47.880 --> 01:09:52.660

Dannyyelle Tansey: to heal. So this is where things like... this is where hormone imbalances come in.

589

01:09:53.370 --> 01:09:58.309

Dannyyelle Tansey: Okay, did you hear the... what did I say?

590

01:09:59.310 --> 01:10:01.969

Danni: I think homeostasis was the last thing I heard.

591

01:10:02.550 --> 01:10:09.810

Dannyyelle Tansey: So, if our body doesn't return to those states, then things like autoimmune Disorders

occur.

592

01:10:10.140 --> 01:10:18.969

Dannyyelle Tansey: We get things like cancer coming in, because our body cannot repair the damaged cells in

our body, because it's stuck in fight or flight.

593

01:10:19.510 --> 01:10:37.850

Dannyyelle Tansey: we get things like the hormone imbalances that we cannot fix, the digestion in issues that

we can't fix. All of these things that we're told, like, can't be fixable, often are because our body is simply

stuck in fight or flight. When we can learn to repair this, return this.

594

01:10:38.130 --> 01:10:47.639

Dannyyelle Tansey: to normal functioning, healing will begin, and our body wants to heal. Our body actually is

designed to heal. It is very, very clever.

595

01:10:47.700 --> 01:11:01.210

Dannyyelle Tansey: What our body is capable of healing, when we can support it to be out of the fight-or-flight

system, and in its regulated state, it will heal. It might need time to heal, but it heals.

596

01:11:06.010 --> 01:11:13.990

Dannyyelle Tansey: So then we need to bring our awareness to our emotional emotions.

597

01:11:13.990 --> 01:11:33.620

Dannyyelle Tansey: So this is one of the things within mindfulness, bringing ourselves back to the present

moment, and being aware of what our emotions are doing. When we can do that, we can bring in regulation. We will have better rest and sleep. We will have a clearer mind. Our immune system will work properly, we'll have more resilience and capacity.

598

01:11:33.620 --> 01:11:37.699

Dannyelle Tansey: And connection with ourselves as well. Because when we can feel.

599

01:11:37.760 --> 01:11:40.719

Dannyelle Tansey: And when we can be aware of it.

600

01:11:40.890 --> 01:11:47.069

Dannyelle Tansey: We are bringing ourselves back into that regulated state, so healing capacity can occur.

601

01:11:48.570 --> 01:11:53.350

Dannyelle Tansey: If we keep shutting everything down, it keeps us in that fight-or-flight state.

602

01:11:54.120 --> 01:12:02.909

Dannyelle Tansey: So now we're going to pay attention. We're not going to do a full meditation again, we're just going to bring in the awareness that we had from before.

603

01:12:03.140 --> 01:12:05.530

Dannyelle Tansey: But we're just going to breathe.

604

01:12:05.660 --> 01:12:07.619

Dannyelle Tansey: So, nice deep breath in.

605

01:12:08.510 --> 01:12:15.850

Dannyelle Tansey: And out. And we're just going to pay attention to our body, and the sensation that you drew earlier.

606

01:12:17.470 --> 01:12:20.600

Dannyelle Tansey: And what emotion lives there?

607

01:12:24.670 --> 01:12:29.409

Dannyelle Tansey: What comes through when you ask that question?

608

01:12:29.820 --> 01:12:32.189

Dannyelle Tansey: What emotion lives here?

609

01:12:36.450 --> 01:12:39.899

Dannyelle Tansey: And again, we're feeling it, we're not thinking it.

610

01:12:40.200 --> 01:12:45.059

Dannyelle Tansey: So this is a really important distinction. We're feeling it with our bodies.

611

01:12:46.290 --> 01:12:49.099

Dannyelle Tansey: We're not thinking it with our mind.

612

01:12:52.790 --> 01:12:54.880

Dannyelle Tansey: So that's where our breath helps.

613

01:12:57.810 --> 01:13:00.540

Dannyelle Tansey: And then whenever you have got

614

01:13:00.740 --> 01:13:06.600

Dannyelle Tansey: that message. You can choose your second color that represents this emotion.

615

01:13:06.890 --> 01:13:08.579

Dannyelle Tansey: And then the symbol.

616

01:13:08.870 --> 01:13:13.920

Dannyelle Tansey: That represents whatever emotion is closest to the surface for that.

617

01:13:30.470 --> 01:13:31.670

Dannyelle Tansey: Hello, Malo.

618

01:13:39.260 --> 01:13:41.350

Dannyelle Tansey: Wrong with how it turns out.

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01:13:41.990 --> 01:13:46.360

Dannyelle Tansey: It's just a simple symbol that represents that emotion for yourself.

620

01:13:47.670 --> 01:13:53.020

Dannyelle Tansey: And then as you're drawing it, Did I cut out again?

621

01:13:55.800 --> 01:14:03.580

Dannyelle Tansey: These clouds, they need to clear. So you're going to pay attention to where the emotion was in your body.

622

01:14:03.880 --> 01:14:09.500

Dannyelle Tansey: What it's asking you for... Does it come up often?

623

01:14:12.300 --> 01:14:14.859

Dannyelle Tansey: Has it been waiting for you?

624

01:14:16.740 --> 01:14:20.860

Dannyelle Tansey: And what this might... this emotion might mean for you.

625

01:14:24.210 --> 01:14:27.669

Dannyelle Tansey: And then another question to really ask yourself.

626

01:14:27.770 --> 01:14:30.489

Dannyelle Tansey: Is what supports that to stay.

627

01:14:31.460 --> 01:14:38.129

Dannyelle Tansey: So, what have we actually... Keeping... what are we doing that keeps it in place?

628

01:14:40.270 --> 01:14:43.840

Dannyelle Tansey: So sometimes we won't release things.

629

01:14:44.270 --> 01:14:48.219

Dannyelle Tansey: Because, in a way, they serve a purpose.

630

01:14:49.140 --> 01:14:54.400

Dannyelle Tansey: So they will keep us feeling a way that our mind tells us is safe and known.

631

01:14:54.870 --> 01:14:59.110

Dannyelle Tansey: Because... The opposite of it is unknown.

632

01:14:59.950 --> 01:15:06.250

Dannyelle Tansey: And... Might not be safe, because our body doesn't know what it is.

633

01:15:06.580 --> 01:15:13.960

Dannyelle Tansey: So, what does this emotion and stuck sensate... or whatever the sensation was, what does it actually...

634

01:15:14.320 --> 01:15:16.629

Dannyelle Tansey: What is actually supporting that to stay?

635

01:15:20.790 --> 01:15:23.530

Dannyelle Tansey: Because if we know that, then we can really shift it.

636

01:15:25.870 --> 01:15:30.310

Dannyelle Tansey: And it might not be something you can answer in this short time, it might be something

you have to sit with.

637

01:15:35.730 --> 01:15:42.990

Dannyelle Tansey: So we'll do the same thing as before. We'll just unmute, we'll go from top to bottom,

Libby first.

638

01:15:43.180 --> 01:15:46.360

Dannyyelle Tansey: And just the one word of...

639

01:15:46.790 --> 01:15:51.500

Dannyyelle Tansey: Or one or two words of whatever it was your symbol represents for you, the emotion.

640

01:15:58.280 --> 01:15:59.080

libby: This one.

641

01:16:07.200 --> 01:16:08.889

libby: It's like a lost feeling.

642

01:16:10.820 --> 01:16:11.450

Dannyyelle Tansey: Okay.

643

01:16:12.210 --> 01:16:13.260

Dannyyelle Tansey: Thank you.

644

01:16:13.690 --> 01:16:14.590

Dannyyelle Tansey: Sally?

645

01:16:19.220 --> 01:16:20.149

Dannyyelle Tansey: Oh, you've got it on.

646

01:16:20.150 --> 01:16:20.960

Sally Donnelly: mute again.

647

01:16:21.410 --> 01:16:21.920

Dannyyelle Tansey: Yep.

648

01:16:22.550 --> 01:16:29.610

Sally Donnelly: I found it quite difficult to go there. I just feel a lot of overwhelm at the moment, taking too much on.

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01:16:30.990 --> 01:16:37.859

Sally Donnelly: And I think what contributes to that is a lot of IT. I'm just not IT savvy, and we've had a big changeover.

650

01:16:38.000 --> 01:16:43.790

Sally Donnelly: Through... I, I'm part of the Navy Cadets.

651

01:16:44.240 --> 01:16:49.059

Sally Donnelly: Here, and we've just had a big overload and restructure and

652

01:16:49.640 --> 01:16:56.209

Sally Donnelly: the overwhelm of just having to take on a whole new IT learning experience is, does my head in.

653

01:16:56.620 --> 01:17:01.090

Sally Donnelly: So, yeah, something... yeah, and and obviously just work the ongoing

654 01:17:01.310 --> 01:17:15.819

Sally Donnelly: I've sort of had a bit of a break, and coming back to work is always overwhelming as well, so... Yeah, yeah. But I couldn't... I couldn't put it in a symbol. I think if it... if I did, it would have just been a black circle, a full black circle, yep.

655

01:17:16.170 --> 01:17:27.069

Dannyelle Tansey: Yep, and that's perfect too, even if that is all that that is. Yeah. Sometimes just that...

connecting that visual with it can really help us connect with it that little bit more as well.

656

01:17:27.370 --> 01:17:28.030

Sally Donnelly: Hmm.

657

01:17:28.640 --> 01:17:31.589

Dannyelle Tansey: Okay, thank you very much for sharing, and Danny.

658

01:17:36.300 --> 01:17:38.130

Danni: Can you say that?

659

01:17:39.080 --> 01:17:39.670

Dannyelle Tansey: Yep.

660

01:17:40.350 --> 01:17:41.090

Danni: good.

661

01:17:42.130 --> 01:17:42.630

Dannyelle Tansey: Okay.

662

01:17:44.570 --> 01:17:50.000

Dannyelle Tansey: Wonderful. Thank you for sharing, and we'll unpack those a little bit more if we need at the end.

663

01:17:51.270 --> 01:17:56.919

Dannyelle Tansey: So the third way to understand our stress is understanding our needs.

664

01:17:57.040 --> 01:18:03.770

Dannyelle Tansey: So, under every sensation, there's... after every sensation, there's emotions, and then we

have our needs as well.

665

01:18:04.050 --> 01:18:10.749

Dannyyelle Tansey: So, there's two layers to our needs. There's the physical, and there's the emotional or relational.

666

01:18:11.490 --> 01:18:22.130

Dannyyelle Tansey: So, our first one... and just also, like, our needs are our needs. They're actually kind of like baselines, and they're not selfish.

667

01:18:22.260 --> 01:18:30.009

Dannyyelle Tansey: They are telling us, and when we get these messages from us, they're telling us, they're guiding us to what we actually need to be doing for ourselves.

668

01:18:30.340 --> 01:18:35.650

Dannyyelle Tansey: So, often, as mothers, we let things go, like.

669

01:18:35.790 --> 01:18:39.309

Dannyyelle Tansey: How much water we drink? I'm really bad with this one.

670

01:18:40.090 --> 01:18:43.679

Dannyyelle Tansey: Unless it's peak summer, I'm really bad with drinking enough water.

671

01:18:43.940 --> 01:18:45.170

Dannyyelle Tansey: our food.

672

01:18:45.450 --> 01:18:51.050

Dannyyelle Tansey: Are we breathing properly? Are we drinking too much caffeine or coffee?

673

01:18:51.470 --> 01:18:54.009

Dannyyelle Tansey: And do we need to go to the toilet?

674

01:18:54.440 --> 01:19:09.779

Dannyyelle Tansey: Agitation might simply be because, oh, we haven't been to the toilet since this morning,

and it's now, like, 3 o'clock in the afternoon. So things like that. Sensations like that in our body, paying attention to what's going on.

675

01:19:09.890 --> 01:19:14.580

Dannyyelle Tansey: These... these particular physical needs are very much... there's a...

676

01:19:14.880 --> 01:19:22.950

Dannyyelle Tansey: In, psychology, there's a pyramid called, Maslow's Hierarchy of Needs. Has anyone heard

of that before?

677

01:19:24.160 --> 01:19:33.599

Dannyelle Tansey: Danny has. So it is basically, literally stacks on top of each other the different needs that

we have as a human to feel

678

01:19:34.190 --> 01:19:43.979

Dannyelle Tansey: fulfilled, essentially, and whole. And the bottom one is usually things like our basic needs

of food, water, shelter, safety.

679

01:19:44.100 --> 01:20:03.279

Dannyelle Tansey: And then you have other ones on top of that as well. So when, this would be a deeper

teaching and a whole thing on its own, but these physical needs are within that, and if we can't meet those

physical needs, the things above it, are never going to actually occur, because we're not meeting that

baseline first.

680

01:20:03.680 --> 01:20:23.050

Dannyelle Tansey: So, simple things like movement, sunlight, are we experiencing quiet?

You know, is there

always too much noise and overwhelm? Sometimes we need moments of quiet. How can we do that for

ourselves? So, these are things we want to pay attention to as well. If I'm feeling irritable, okay, why?

681

01:20:23.120 --> 01:20:26.169

Dannyelle Tansey: What need am I ignoring?

682

01:20:26.270 --> 01:20:27.740

Dannyelle Tansey: That's causing that.

683

01:20:28.430 --> 01:20:42.150

Dannyelle Tansey: where are the sensations sitting in my body? So we can work this both ways, so from

sensation, emotion to need, or from need, emotion to sensation. So we can kind of flow through all of them,

asking ourselves and being curious.

684

01:20:42.720 --> 01:20:49.649

Dannyelle Tansey: What need is unmet for me right now, because I'm irritable, there's something else going

on.

685

01:20:50.210 --> 01:20:59.620

Dannyelle Tansey: I'm feeling tight and tense. What else is going on? What am I feeling?
What need is being
unmet? What am I ignoring?

686

01:21:00.120 --> 01:21:05.989

Dannyelle Tansey: And then we bring awareness to it, and we pay attention, and then we
want to go, okay,
how can I meet that need?

687

01:21:06.600 --> 01:21:12.499

Dannyelle Tansey: It might be as simple as pick up my water bottle and have a big drink of
water, or I need
to go to the toilet, or I need to actually eat.

688

01:21:12.990 --> 01:21:19.300

Dannyelle Tansey: look at the time, my gosh, I haven't eaten since breakfast. Do you know
what I mean?

Or, I didn't eat breakfast.

689

01:21:19.680 --> 01:21:30.190

Dannyelle Tansey: I think I had this yesterday. It was 10 o'clock, I'm like, why am I feeling so
weird? It's

because I freaking skipped breakfast somehow. I don't even know how. It's because my
husband didn't feed
me, that's why.

690

01:21:30.300 --> 01:21:35.059

Dannyelle Tansey: But it's like, okay, I'm feeling this way, and this is why.

691

01:21:35.460 --> 01:21:43.160

Dannyelle Tansey: And then we also have those deeper needs as well, our emotional needs.
And when these

aren't met, we also are going to experience some

692

01:21:43.350 --> 01:21:46.559

Dannyelle Tansey: Disharmony within ourself as well.

693

01:21:46.760 --> 01:21:48.140

Dannyelle Tansey: So these needs...

694

01:21:48.770 --> 01:22:02.409

Dannyelle Tansey: And these are things that, as mothers, we don't often get to do as well, so
things like

space. As a mother, a mother with teenagers probably has a little bit more physical space
from her children,

but the...

695

01:22:02.490 --> 01:22:15.209

Dannyelle Tansey: When you're stuck in the young ages, and they're in your space all the time, because they need you, they're still part of your nervous system. They're still part of your energy field, and you actually are the thing that's still
696

01:22:15.260 --> 01:22:32.850

Dannyelle Tansey: connects them and regulates them. So, that's actually right up until 8. They still need us for regulation, just so you know. It's still... still needed. And then, you know, that's not a definite line either, so I have an 8-year-old who still very much needs me for her regulation as well.

697

01:22:33.260 --> 01:22:49.529

Dannyelle Tansey: my 14- and 12-year-old are pretty good at that now. But even still, sometimes, you're still their mum, and you still have that space for them, right? So, boundaries is another one. We're not always very good at putting up boundaries in place, so things that go against our...

698

01:22:49.660 --> 01:22:56.379

Dannyelle Tansey: values and needs. So that's kind of what boundaries mean... means. The things that we hold highly.

699

01:22:56.780 --> 01:23:01.899

Dannyelle Tansey: Or the things that we actually need, and we don't put boundaries in place to honour those.

700

01:23:02.190 --> 01:23:08.600

Dannyelle Tansey: We let people just dishonor them, I suppose, or walk all over us, or different things like that.

701

01:23:08.920 --> 01:23:11.580

Dannyelle Tansey: It's often related to values or needs.

702

01:23:12.760 --> 01:23:20.210

Dannyelle Tansey: There's also all these other things there too, so identity, being understood, being able to express ourselves, having choice.

703

01:23:20.410 --> 01:23:24.779

Dannyelle Tansey: Time... time... That is just for you.

704

01:23:24.900 --> 01:23:42.190

Dannyyelle Tansey: Having meaning and purpose in life. So that, if we're talking back to the pyramid that I mentioned before, the hierarchy of needs, meaning and purpose is actually quite high on that list, but we also can't have that if we don't have these other physical needs in place as well.

705

01:23:42.370 --> 01:23:47.699

Dannyyelle Tansey: So sometimes we won't be able to achieve these without achieving the physical needs first as well.

706

01:23:48.990 --> 01:24:01.569

Dannyyelle Tansey: So then, if these things go unignured, we start to develop patterns. So the patterns where our needs go unmet can show up, as I was mentioning, irritability.

707

01:24:01.770 --> 01:24:13.170

Dannyyelle Tansey: snapping. Maybe we're people-pleasing, because we don't have boundaries. We might shut down. Shutdown used to be a really big thing for me. I'd totally shut down, couldn't talk to anyone, couldn't function, had to lay in bed.

708

01:24:13.260 --> 01:24:22.469

Dannyyelle Tansey: Avoidance of things, overwhelm, resentment, and then just feeling like we're in survival mode. So this is the point where we actually

709

01:24:22.930 --> 01:24:25.250

Dannyyelle Tansey: We can physically feel like we're in some...

710

01:24:25.610 --> 01:24:30.230

Dannyyelle Tansey: viable mode. It's not just that automatic process happening, we're feeling it.

711

01:24:30.790 --> 01:24:48.690

Dannyyelle Tansey: So these are coping strategies, but they're not very good for doing more than coping. So

we don't want to just be surviving, we want to be thriving, right? So how we do that is to do the ask our

body these questions that we've already been asking, paying attention.

712

01:24:48.860 --> 01:24:55.930

Dannyyelle Tansey: Being in the present moment, And also, now we're gonna check in with our needs.

713

01:24:57.140 --> 01:25:03.670

Dannyyelle Tansey: So, with the sensation and the emotion that you have pointed out today.

714

01:25:03.880 --> 01:25:09.100

Dannyelle Tansey: I want you just to feel back into your body, so taking another deep breath in.

715

01:25:09.240 --> 01:25:13.810

Dannyelle Tansey: Through your nose, and slowly let it out through your mouth. When it reaches its peak.

716

01:25:15.250 --> 01:25:19.520

Dannyelle Tansey: What does... the emotion need.

717

01:25:21.030 --> 01:25:24.969

Dannyelle Tansey: What does the sensation and emotion need?

718

01:25:28.360 --> 01:25:33.179

Dannyelle Tansey: Is it physical? So, feeling back into the body where it was.

719

01:25:36.960 --> 01:25:39.170

Dannyelle Tansey: The sensation and the emotion.

720

01:25:39.810 --> 01:25:41.340

Dannyelle Tansey: Is it physical?

721

01:25:42.010 --> 01:25:43.969

Dannyelle Tansey: Is it something emotional?

722

01:25:46.270 --> 01:25:47.990

Dannyelle Tansey: Is it something practical?

723

01:25:50.540 --> 01:25:58.109

Dannyelle Tansey: Is it something that is supporting you in a certain way, whether it's positively supporting or negatively supporting?

724

01:26:01.960 --> 01:26:05.250

Dannyelle Tansey: And again, we're gonna feel it, we're not gonna think it.

725

01:26:07.070 --> 01:26:11.120

Dannyelle Tansey: And then when you're ready, we're going to put that to a color.

726

01:26:11.430 --> 01:26:13.080

Dannyelle Tansey: And a symbol as well.

727

01:26:14.930 --> 01:26:21.869

Dannyelle Tansey: So what does this sensation... An emotion need? What is it communicating with you?

728

01:26:23.710 --> 01:26:25.339

Dannyelle Tansey: What does it need to shift?

729

01:26:25.680 --> 01:26:27.989

Dannyelle Tansey: But what is it telling you you're ignoring?

730

01:26:51.640 --> 01:26:54.550

Dannyelle Tansey: And then some reflection questions with this one.

731

01:26:57.380 --> 01:27:02.320

Dannyelle Tansey: Is, what's one honest way that you can honour this need?

732

01:27:02.600 --> 01:27:04.550

Dannyelle Tansey: For yourself this week.

733

01:27:23.900 --> 01:27:31.890

Dannyelle Tansey: So, I'm going to go through again. We're just going to choose one word for the need, and

then one way that you're going to honour it.

734

01:27:32.730 --> 01:27:34.079

Dannyelle Tansey: To help it shift.

735

01:27:34.730 --> 01:27:36.740

Dannyelle Tansey: And we'll go from Denny first.

736

01:27:42.470 --> 01:27:43.989

Dannyelle Tansey: You didn't unmute.

737

01:27:45.920 --> 01:27:47.629

Danni: Just the yellow circle?

738

01:27:48.280 --> 01:27:48.920

Dannyelle Tansey: Okay.

739

01:27:49.220 --> 01:27:51.790

Danni: And for me, that's support.

740

01:27:52.360 --> 01:28:02.260

Danni: And I'm not sure how to get that, but it's not... I'm not sure if it's filling from somebody else, or I

think more so it's...

741

01:28:02.840 --> 01:28:06.520

Danni: Finding a way to be able to support myself.

742

01:28:07.790 --> 01:28:08.730

Dannyelle Tansey: Okay.

743

01:28:08.730 --> 01:28:10.660

Danni: I don't know what that is yet.

744

01:28:11.130 --> 01:28:11.780

Dannyelle Tansey: Okay.

745

01:28:12.120 --> 01:28:13.649

Dannyelle Tansey: And you've written those down?

746

01:28:14.460 --> 01:28:15.030

Danni: Yeah.

747

01:28:15.330 --> 01:28:16.230

Dannyelle Tansey: Yeah, okay.

748

01:28:16.360 --> 01:28:24.639

Dannyelle Tansey: So definitely feel into that a little bit more, because if you feel you can't ask from the

support from outside, then it is going to have to come from yourself for now.

749

01:28:25.440 --> 01:28:32.250

Dannyelle Tansey: But maybe there's other places you can ask for that support as well, that might not be within your own home.

750

01:28:33.080 --> 01:28:33.690

Danni: Yup.

751

01:28:34.480 --> 01:28:35.990

Dannyelle Tansey: Just food for thought.

752

01:28:36.230 --> 01:28:36.890

Dannyelle Tansey: Yep.

753

01:28:37.880 --> 01:28:41.699

Dannyelle Tansey: And we can unpack that at the end if you want to.

754

01:28:42.380 --> 01:28:43.890

Dannyelle Tansey: Sally.

755

01:28:45.050 --> 01:28:50.859

Sally Donnelly: Mute. I... I don't know if you can see it, a little cup at the top there.

756

01:28:51.940 --> 01:28:55.490

Sally Donnelly: Yeah, I just felt like, maybe...

757

01:28:56.250 --> 01:29:00.820

Sally Donnelly: I just had a vessel in my mind, a big bowl, And,
758

01:29:01.220 --> 01:29:06.769

Sally Donnelly: yeah, I don't know, reaching out and putting what I need into the bowl, but I obviously need to reach out more.

759

01:29:06.950 --> 01:29:08.219

Sally Donnelly: Asking for help.

760

01:29:08.390 --> 01:29:10.079

Sally Donnelly: Especially with the IT stuff.

761

01:29:10.270 --> 01:29:14.389

Sally Donnelly: But also, with the pressure here, I just feel like I need a good massage.

762

01:29:14.800 --> 01:29:19.440

Sally Donnelly: Just to go and release that. I need to do the right thing by my body, and just...

763

01:29:20.420 --> 01:29:23.170

Sally Donnelly: Get rid of the stress by a good massage.

764

01:29:24.220 --> 01:29:25.110

Dannyelle Tansey: Beautiful.

765

01:29:25.110 --> 01:29:25.470

Sally Donnelly: Hmm.

766

01:29:25.470 --> 01:29:29.460

Dannyelle Tansey: I'm gonna put an email in and see if you've, booked your massage tomorrow, too.

767

01:29:29.590 --> 01:29:32.970

Dannyelle Tansey: Does that sound good?

768

01:29:34.890 --> 01:29:35.990

Dannyelle Tansey: Okay.

769

01:29:37.920 --> 01:29:39.140

Dannyelle Tansey: Libby.

770

01:29:39.960 --> 01:29:41.309

Dannyelle Tansey: Oh, I've cut out.

771

01:29:41.430 --> 01:29:42.500

Dannyelle Tansey: Have you got me back?

772

01:29:46.340 --> 01:29:47.689

libby: I did this one.

773

01:29:51.880 --> 01:29:54.239

libby: There needs to be communication.

774

01:29:59.350 --> 01:30:03.740

Dannyelle Tansey: Beautiful. Alright, thank you. We can unpack that more at the end if you would like.

775

01:30:04.490 --> 01:30:05.090

libby: Meh.

776

01:30:06.990 --> 01:30:08.150

Dannyelle Tansey: So...

777

01:30:08.490 --> 01:30:18.920

Dannyelle Tansey: What we're going to go into now, this is a section that won't be re-included in the

recording. For you guys, I will include it in the recording that I send out, but it'll be chopped out of,

778

01:30:19.070 --> 01:30:22.379

Dannyelle Tansey: The other recording for the people that couldn't make it live.

779

01:30:22.680 --> 01:30:26.660

Dannyelle Tansey: We're going to do a bit of integration, so...

780

01:30:27.080 --> 01:30:29.569

Dannyelle Tansey: Bringing it all together that we've done today.

781

01:30:29.680 --> 01:30:40.549

Dannyelle Tansey: But I do want to go through first, a little bit about why integration is important. I'm... I

am aware of time, though, so how is everyone going for time?

782

01:30:40.900 --> 01:30:45.630

Dannyelle Tansey: Because I'm kind of at time that I said it was going to take.

783

01:30:46.120 --> 01:30:48.390

Danni: I'm good for however long it takes.

784

01:30:48.390 --> 01:30:50.760

Dannyelle Tansey: Okay, cool. Libby, are you good?

785

01:30:50.760 --> 01:30:53.309

libby: about it. Okay, perfect.

786

01:30:53.310 --> 01:30:55.460

Dannyelle Tansey: I'm gonna let it go.

787

01:30:57.240 --> 01:31:01.039

Dannyelle Tansey: It definitely took me longer than I had anticipated, so I apologize for that.

788

01:31:01.330 --> 01:31:20.799

Dannyelle Tansey: But what integration does is it really brings all of the insights that we've gained and that

awareness, and it brings it into the body and really lands it for us in our nervous system, in our energy

bodies, in our mind, and in our body in general. So, this is where the patterns actually begin to shift.

789

01:31:20.850 --> 01:31:24.910

Dannyelle Tansey: And the healing really becomes possible. We can't just learn.

790

01:31:25.060 --> 01:31:28.159

Dannyelle Tansey: And bring awareness, but not do anything about it.

791

01:31:28.380 --> 01:31:37.659

Dannyelle Tansey: So this is where that process of paying attention to the sensations, emotions, and needs,

and then we actually have to do something about it.

792

01:31:37.940 --> 01:31:46.229

Dannyelle Tansey: So, these things that you've told yourself are going to help you support, you need to

listen to that, and find a way to make that possible.

793

01:31:46.710 --> 01:31:51.689

Dannyelle Tansey: So maybe it's not a full massage for Sally. Maybe Sally needs to sit and do...

794

01:31:52.510 --> 01:31:58.829

Dannyelle Tansey: Just some breathing for herself might be enough, if the massage can't happen.

795

01:31:58.960 --> 01:32:11.000

Dannyelle Tansey: for Danny, maybe the support does need to come from herself just being simply more

gentle on how much she achieves in a day. So we can start small as well, so when we're aware of

796

01:32:12.750 --> 01:32:21.350

Dannyelle Tansey: So, and then for Libby, actually speaking what she needs in a way that is going to clearly

communicate that need.

797

01:32:21.570 --> 01:32:28.419

Dannyelle Tansey: As well. So, communication can be a tricky one, because we've got two people at play with that

798

01:32:29.010 --> 01:32:33.220

Dannyelle Tansey: All the time, but maybe even just communicating with ourselves better.

799

01:32:33.530 --> 01:32:50.669

Dannyelle Tansey: I won't go into communication, and we'll be way off track, because communication is a really big one, because we're often using our perception of things, and we're projecting that onto other people. Quite often, if we're having communication issues, it's because we're assuming things and projecting it.

800

01:32:50.910 --> 01:33:07.919

Dannyelle Tansey: Or assuming they are thinking a certain way. So, it's a complicated one, but if you want to unpack that, we can later. Or on even another day. So, integration really makes that bring it all together, brings everything home for the body, emotions, and processing.

801

01:33:08.740 --> 01:33:13.829

Dannyelle Tansey: Now, Libby is already a member of... of this, but this web... this...

802

01:33:13.960 --> 01:33:33.719

Dannyelle Tansey: workshop today is just a really small snippet of what the Healing Canvas can actually support you with, and the sorts of things that we do inside of it. So, the Healing Canvas is my 12-month membership, and it's 12 months because healing doesn't happen in one month. It doesn't happen in one workshop.

803

01:33:33.770 --> 01:33:46.179

Dannyelle Tansey: It is a process that takes time, and we need to build awareness of ourselves, because we've been shutting ourselves down, our needs down, our emotions down, for so long.

804

01:33:46.260 --> 01:33:51.570

Dannyelle Tansey: That, you know, this one workshop isn't going to be the thing that's going to heal it for you.

805

01:33:51.710 --> 01:33:57.010

Dannyelle Tansey: If you can take that and run and heal with one workshop, amazing.
806

01:33:57.160 --> 01:34:07.110

Dannyelle Tansey: I would be on it if that was the case, but our systems often don't work that way. There's

lots of different layers to the healing that need to occur.

807

01:34:07.410 --> 01:34:25.589

Dannyelle Tansey: For example, like, this month within the membership, our theme, because we have

themes every month, this month's theme was Release and Reconnect. So we were releasing something,

reconnecting with ourselves, and then calling in the things that we want to replace what we're releasing,

okay? So those sorts of things are things that we do in there.

808

01:34:25.690 --> 01:34:39.010

Dannyelle Tansey: Even the first month was simply just connecting to our creative expression, because how

many of us as adults, unless we're an artist like Libby, who is constantly honouring her creativity.

809

01:34:39.110 --> 01:34:49.039

Dannyelle Tansey: But then still doesn't honor her creativity, because she turns it into a business and then

gets stuck in it. So... and I know this is a cycle she's in right now, which is why I'm mentioning it.

810

01:34:49.180 --> 01:35:02.060

Dannyelle Tansey: we... we have a perceived perception of how creativity needs to be, and we can shut that

down. So, you know, we even tuned into how we can feel that creativity flow through us in a...

811

01:35:02.180 --> 01:35:03.590

Dannyelle Tansey: In a,

812

01:35:04.410 --> 01:35:16.800

Dannyelle Tansey: unexpectational way, so not having expectations of how that outcome flows. And that

allows our intuition to come into play more, too. So when we can bring

813

01:35:16.940 --> 01:35:34.730

Dannyelle Tansey: our two sides of our mind together through this sort of work, we're actually really tuning

into our intuition, we're learning to listen to ourselves. We're gaining that emotional clarity and awareness of

ourselves. And then we're supporting our nervous system and our energy bodies to actually be able to

814

01:35:35.500 --> 01:35:38.089

Dannyelle Tansey: actually let go. So this is...

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01:35:38.130 --> 01:35:49.320

Dannyelle Tansey: This is what my Healing Canvas membership is all about. Basically, what we're doing

today, every single month, is what you get, but spread out over the month, not in just one workshop.

816

01:35:49.320 --> 01:35:59.449

Dannyelle Tansey: So, what, I often hear people say is things like they don't have space to hear themselves,

so it gives you space to actually tune in and listen.

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01:35:59.520 --> 01:36:02.740

Dannyelle Tansey: If you're feeling disconnected from who you used to be.

818

01:36:03.000 --> 01:36:13.229

Dannyelle Tansey: Or it could just be you actually need to start to shift into who you are now. You're not

actually who you used to be. So, again, coming back to that present moment of, who am I now?

819

01:36:13.240 --> 01:36:26.639

Dannyelle Tansey: You know, this sort of thing can really help you come into that and honor the season that

you're in right now, because it's not a past season. And it's not a future season. So, you know, those of us in

whatever we're stuck in right now.

820

01:36:26.830 --> 01:36:34.149

Dannyelle Tansey: that's not who we're going to be in future, and it's not who we were in the past. We're

here now. What does that mean, and how do we show up in that?

821

01:36:34.470 --> 01:36:49.400

Dannyelle Tansey: Women are often tired of just holding everything, and they want to feel like themselves

again. So these are all the sorts of things that can be supported through this kind of healing, and it's done in

a really, like, low-pressure way.

822

01:36:49.510 --> 01:36:52.770

Dannyelle Tansey: Oh, I'm gonna touch back on that one one more.

823

01:36:53.290 --> 01:36:57.829

Dannyelle Tansey: The repetition. So, repetition of constantly showing up for yourself.

824

01:36:58.010 --> 01:37:04.120

Dannyelle Tansey: is what's needed. And showing up for yourself in the imperfectness and chaos of life.

825

01:37:05.390 --> 01:37:08.909

Dannyelle Tansey: Because our life is always going to be chaos and imperfect.

826

01:37:09.330 --> 01:37:12.970

Dannyelle Tansey: And I want to teach you how to show up for yourself in those moments.

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01:37:13.290 --> 01:37:18.950

Dannyelle Tansey: I had a one-on-one client the other day who's also in the membership tell me.

828

01:37:19.960 --> 01:37:24.340

Dannyelle Tansey: She was not going to pick up and do one of the activities for the month.

829

01:37:24.730 --> 01:37:43.590

Dannyelle Tansey: And she goes, I remembered you on that first call, nothing was going right for you, you

had the baby asleep on you, and I'm like, she's got 4 kids and she's still doing this. I can do this! And so she

did. It took her all day to get something done, she just came back in and out of it, but by the end of the day,

she's like, I'm so glad I did that.

830

01:37:43.700 --> 01:37:45.950

Dannyelle Tansey: And... yeah.

831

01:37:46.090 --> 01:37:50.199

Dannyelle Tansey: Somehow, me showing up imperfectly helps people be able to do that too.

832

01:37:50.660 --> 01:37:53.399

Dannyelle Tansey: But teaching you how to do that, because...

833

01:37:53.570 --> 01:37:56.840

Dannyelle Tansey: You know, we always push our needs aside.

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01:37:57.190 --> 01:38:02.829

Dannyelle Tansey: But our needs are always there, and the life Quiet moments are so rare.

835

01:38:03.050 --> 01:38:16.309

Dannyelle Tansey: And when they are quiet and calm, we often want to actually go and enjoy that with our

family, or we want to go out and do something nice. So let's not wait for those moments to do our healing.

We need to learn how to heal in the chaos, because that's where resilience is built.

836

01:38:16.660 --> 01:38:32.859

Dannyelle Tansey: That is where we can keep coming back to that place, because we're training our nervous system, our mind, we're literally rewiring things to go, hey, I can do this. This isn't going to shake me, or it might shake me for a moment, but I can come back from this.

837

01:38:33.080 --> 01:38:49.610

Dannyelle Tansey: And this is some... this is a cycle I have done time and time again myself, even through things like, I think it's 5 years ago now, we lost our home to a fire, our bus home to a fire. We're in the middle of Outback Queensland, and our home burnt down, with 3 kids on the side of the road.

838

01:38:50.120 --> 01:38:58.809

Dannyelle Tansey: And even in that moment, literally, we were very minimally shaken, even as we watched the flames take our home away.

839

01:38:59.050 --> 01:39:07.839

Dannyelle Tansey: Because we had done this sort of work. So, in the chaos of the moment, when you can control that reaction, because you can see

840

01:39:08.120 --> 01:39:13.309

Dannyelle Tansey: Past it, or through it, or you can literally be able to turn that into a positive moment.

841

01:39:13.590 --> 01:39:30.750

Dannyelle Tansey: Which sounds crazy, but it was. Not... the turning it into a positive moment right in that moment of the flames wasn't very easy, other than the fact that we were all out safe. So even things like that, literally in the flames of life, when you can find and spot just that little glimmer.

842

01:39:31.260 --> 01:39:37.119

Dannyelle Tansey: makes a huge difference for how you can then move forward from it. So these are the sorts of things that

843

01:39:37.900 --> 01:39:49.929

Dannyelle Tansey: even though this membership is... it's minimal touch with me, like, it's not one-on-one

work, and this is where it's really quite achievable in day-to-day life. We have one live call.
844

01:39:50.080 --> 01:39:51.150

Dannyle Tansey: Where am I?

845

01:39:52.010 --> 01:39:54.019

Dannyle Tansey: I don't know if it's on this one or this one.

846

01:39:54.220 --> 01:40:01.939

Dannyle Tansey: Anyway, we have one live call a month, which is recorded, so just like this, usually it's a

bit shorter, though, because I'm not trying to fit so much into one.

847

01:40:02.190 --> 01:40:06.540

Dannyle Tansey: Then we have, I give 4...

848

01:40:06.660 --> 01:40:15.910

Dannyle Tansey: they... I call them weekly activities, but they don't have to be done each week. They're

just 4 activities for you to do throughout the month that might take 10, 20 minutes.

849

01:40:16.140 --> 01:40:19.829

Dannyle Tansey: And then they are based on whatever theme it is for the month.

850

01:40:20.480 --> 01:40:32.810

Dannyle Tansey: And then there is a soul care moment as well, which is all about caring for your deeper

needs, and not so much the physical and mind. It is more about really reconnecting with yourself.

851

01:40:32.830 --> 01:40:45.780

Dannyle Tansey: And learning how to calm that nervous system as well in the moment. And that's one

activity that you can use all throughout the month. So it's not trying to learn a whole heap of practices, it's

like one practice and some of the art therapy activities through the month.

852

01:40:45.820 --> 01:40:58.539

Dannyle Tansey: And then the live session, like this, where we come together, whoever can show up live

shows up live. It's actually the same... generally the same time each month as well, so that it's predictable

for everyone.

853

01:40:58.950 --> 01:41:15.579

Dannyle Tansey: And then we... we come in and we... we do these activities together as well, and the

sharing and the reflection that happens in those is really powerful. And also the sharing that comes in,
everyone is working on something different. So there's, like, no right or wrong to the person that's in there.

854

01:41:15.790 --> 01:41:24.539

Dannyelle Tansey: what it's for. There's... literally, you take your intention of what you're working on, and
you bring it into the space, and the activities, and shift through it that way.

855

01:41:25.750 --> 01:41:28.920

Dannyelle Tansey: And basically, each monthly...

856

01:41:28.980 --> 01:41:42.999

Dannyelle Tansey: like, the four... this is why I've got four activities, and they flow through, like, awakening,
so bringing in the awareness, the intention, and mindfulness, exploring what we're experiencing through the
art therapy activities.

857

01:41:43.000 --> 01:41:51.609

Dannyelle Tansey: We're nourishing the nervous system and embodying practices, and then we're
integrating it through reflection, clarity, and settling into the body.

858

01:41:51.850 --> 01:41:55.379

Dannyelle Tansey: So, it's... it's a very low pressure.

859

01:41:56.310 --> 01:42:11.630

Dannyelle Tansey: it's a rhythm that you're creating for yourself, and you can work it however it needs to
work for you in your life. And this is what I find really beautiful about it. It's not trying to show up perfectly
all the time, it's actually showing up imperfectly in the imperfect moments of everyday life.

860

01:42:11.770 --> 01:42:30.520

Dannyelle Tansey: Whenever it works for you. But you also have me as a little bit of accountability for
yourself as well, because every now and then I check in and go, hey, I haven't seen anything from you, how
are you going with everything? Is... are you trying to still show up perfectly? Or are you still showing up for
yourself, even when it's not?

861

01:42:30.870 --> 01:42:39.160

Dannyelle Tansey: So, this membership is really supportive for women who are feeling stretched thin, maybe
they're feeling unseen or unheard.

862

01:42:39.470 --> 01:42:42.150

Dannyelle Tansey: Really wants to reconnect with herself.

863

01:42:42.590 --> 01:42:47.469

Dannyelle Tansey: And really wanting to bring in emotional clarity, grounding, and support.

864

01:42:47.940 --> 01:42:52.569

Dannyelle Tansey: And also, just discovering who you are on a deeper level.

865

01:42:52.890 --> 01:43:07.279

Dannyelle Tansey: Without it being super full-on. So, like, if you were doing one-on-one work or something

like that, where you're going to go deeper, this is more gentle, a softer way to really come home to yourself,

and your needs, and your emotions.

866

01:43:07.990 --> 01:43:13.609

Dannyelle Tansey: So, who it's not for, it's not for someone who wants quick fixes, because you're not going to get that here.

867

01:43:13.760 --> 01:43:19.679

Dannyelle Tansey: or super, like, high-energy coaching. This is mostly self-paced.

868

01:43:19.850 --> 01:43:27.049

Dannyelle Tansey: But with support there as well. And it's not just surface-level mindset work that isn't going

to be sustainable long-term.

869

01:43:27.380 --> 01:43:30.099

Dannyelle Tansey: Or anyone who actually wants to avoid the inner work.

870

01:43:30.350 --> 01:43:35.819

Dannyelle Tansey: So, it is therapeutic, emotional, slow-paced, and it is...

871

01:43:36.060 --> 01:43:41.069

Dannyelle Tansey: Tapping into your creativity and subconscious mind instead of just the conscious mind as

well.

872

01:43:41.530 --> 01:43:43.749

Dannyelle Tansey: I did that one before.

873

01:43:44.390 --> 01:43:57.410

Dannyelle Tansey: And I think I've touched on this too, but really why... what this is about, and why the

integration part and this sort of work matters, is it's really helping you to rewire old patterns, and it's done in a fun...

874

01:43:57.700 --> 01:44:02.489

Dannyelle Tansey: light... light way, but not light at the same time. It can go quite deep.

875

01:44:02.590 --> 01:44:10.509

Dannyelle Tansey: But it's really quite low pressure, and because you're expressing yourself, it really moves and shifts things.

876

01:44:11.040 --> 01:44:25.170

Dannyelle Tansey: And the repetition of having the things that you can do weekly, or some people do it daily for the first week, and then they come for the live webinar. So you work it however you want to work it, whatever works in with your life.

877

01:44:25.580 --> 01:44:35.029

Dannyelle Tansey: or I've got people that will do it when they're feeling really good, or they'll do it when they're not having such a great day, they'll call on it then. So it's... it works in either way.

878

01:44:35.380 --> 01:44:40.450

Dannyelle Tansey: As long as you use it, is my main thing. I don't want people in there who don't want to do it for themselves.

879

01:44:40.640 --> 01:44:52.969

Dannyelle Tansey: Because that just feels like a waste for them, for coming in and then not showing up for themselves. So this is the biggest thing. It is for women who want to show up for themselves, even if you need that accountability still.

880

01:44:53.260 --> 01:44:59.210

Dannyelle Tansey: So, the pricing as it sits currently, and this will still go up when it opens again next time.

881

01:44:59.350 --> 01:45:06.769

Dannyelle Tansey: Currently is \$25 a month. It is still 12-month membership, though, so it's a 12-month commitment to yourself.

882

01:45:07.070 --> 01:45:15.360

Dannyelle Tansey: And I can do it at \$25 a month payments for you, or you can do \$250 upfront, and that

gives you 2 months free.

883

01:45:15.780 --> 01:45:16.939

Dannyelle Tansey: For the year.

884

01:45:17.680 --> 01:45:29.460

Dannyelle Tansey: And those monthly payments are automatically set up for you, so whatever card you use,

it just comes out of that. And if you ever have any trouble, you can just let me know, and we can try and

work something out.

885

01:45:29.940 --> 01:45:36.539

Dannyelle Tansey: For that. There's also going to be a little bonus for anyone who signs up from the

webinars as well.

886

01:45:36.640 --> 01:45:41.789

Dannyelle Tansey: And it's only open for a week. I haven't got that in my slide. And, actually.

887

01:45:41.810 --> 01:45:57.249

Dannyelle Tansey: something else I forgot to put on my slide, is there's actually going to be the option to

also purchase one-on-one support with the membership. So it'll be a 40... I'm pretty sure it's 40-minute

session with,

888

01:45:57.290 --> 01:46:01.159

Dannyelle Tansey: Just to do a deeper integration as well, that you can add on.

889

01:46:01.270 --> 01:46:11.189

Dannyelle Tansey: So I think it brings it to... that's \$47 a month, or \$470 a year, I'm pretty certain, with one

monthly, one-on-one call.

890

01:46:11.700 --> 01:46:12.750

Dannyelle Tansey: Added to that.

891

01:46:18.480 --> 01:46:37.640

Dannyelle Tansey: That's add-on to that price, I should say that. So, there is a bonus pack for you as well if

you do join from, this particular round from the webinars, and you'll have a little pack of a guided

meditation, some creative prompts, and reflective practice in there as well that's separate to what's already

in the membership.

892

01:46:38.920 --> 01:46:41.519

Dannyelle Tansey: Now, our integration session.

893

01:46:42.030 --> 01:46:47.559

Dannyelle Tansey: Thank you for listening to that. If you have any questions, just let me know.

894

01:46:48.290 --> 01:47:02.730

Dannyelle Tansey: But it's been a really, really beautiful space, so I've kind of broken up past offers that I've

had, and created something new that works for me in this season as well, and as I've grown and my growth,

and I'm really, really loving it. It's been feeling really beautiful.

895

01:47:03.090 --> 01:47:08.310

Dannyelle Tansey: So integration, as I said, helps us settle, process, soften, and receive.

896

01:47:08.620 --> 01:47:10.650

Dannyelle Tansey: Oh, I've got cows out my window.

897

01:47:12.040 --> 01:47:15.789

Dannyelle Tansey: I've been told they eat washing, so I hope they don't eat our washing on the line.

898

01:47:16.000 --> 01:47:21.360

Dannyelle Tansey: And then release and rewire. So this is where the shift can really...

899

01:47:21.590 --> 01:47:29.289

Dannyelle Tansey: come in, and that's really what the Healing Canvas is about, is learning all these

processes, but then bringing it into the body.

900

01:47:29.680 --> 01:47:34.689

Dannyelle Tansey: So, what we've explored so far is the sensation, emotion, and needs.

901

01:47:34.940 --> 01:47:42.690

Dannyelle Tansey: And what we've practiced also, so paying attention to this, you have practiced to listening

inward, Expressing through art.

902

01:47:42.740 --> 01:47:53.950

Dannyelle Tansey: and noticing what your body carries. So those alone are going to be really powerful tools

for you to take through, but what we're going to learn now is how to really embody that into

903

01:47:53.950 --> 01:48:03.850

Dannyelle Tansey: ourselves. And it is quite... I'm gonna use the word simple again, but again, not easy

when we're not used to doing this. So this is where the repetition comes into play as well.

904

01:48:04.160 --> 01:48:07.619

Dannyelle Tansey: Now, I'm just going to quickly find where my notes are up to.

905

01:48:10.230 --> 01:48:11.280

Dannyelle Tansey: Here we go.

906

01:48:12.270 --> 01:48:17.449

Dannyelle Tansey: So... We're going to... Where am I?

907

01:48:18.970 --> 01:48:30.509

Dannyelle Tansey: So again, get yourselves comfortable. I'm going to take you through another little... it's

not too long, little breath practice. Hopefully, Danny, you don't have the children climbing on you again this time.

908

01:48:33.430 --> 01:48:37.650

Dannyelle Tansey: So just settle in, feel where you're seated.

909

01:48:38.540 --> 01:48:40.300

Dannyelle Tansey: Feel it supporting you.

910

01:48:43.010 --> 01:48:46.889

Dannyelle Tansey: If you can, place a hand...

911

01:48:47.050 --> 01:48:51.990

Dannyelle Tansey: Over the place of your body that spoke to you loudest today in the earlier session?

912

01:48:55.270 --> 01:48:56.989

Dannyelle Tansey: And just breathe.

913

01:49:00.490 --> 01:49:05.810

Dannyelle Tansey: There's no right or wrong, we're not chasing anything, we're just bringing presents.

914

01:49:06.820 --> 01:49:07.900

Dannyelle Tansey: and warmth.

915

01:49:08.270 --> 01:49:10.660

Dannyelle Tansey: And love to this area.

916

01:49:18.000 --> 01:49:20.739

Dannyelle Tansey: Now take a slow, deep breath in.

917

01:49:22.090 --> 01:49:23.500

Dannyelle Tansey: Hold for a moment.

918

01:49:24.230 --> 01:49:28.009

Dannyelle Tansey: And then let a long, easy breath out.

919

01:49:30.620 --> 01:49:34.920

Dannyelle Tansey: We're just gonna make sure we're feeling... we're not thinking.

920

01:49:41.330 --> 01:49:44.679

Dannyelle Tansey: So if any thoughts are gonna grasp onto them, you're just gonna come back to your breath.

921

01:49:45.690 --> 01:49:50.970

Dannyelle Tansey: You're going to come back to the sensation that your hand It's hard.

922

01:49:51.120 --> 01:49:52.060

Dannyelle Tansey: Revalle?

923

01:49:53.940 --> 01:49:55.739

Dannyelle Tansey: Imagine the gentle warmth.

924

01:49:55.850 --> 01:49:57.760

Dannyelle Tansey: Or maybe it's a soft light.

925

01:49:58.360 --> 01:50:01.219

Dannyelle Tansey: Gathering around this part of your body.

926

01:50:04.810 --> 01:50:07.349

Dannyelle Tansey: It's nothing bright or overwhelming.

927

01:50:08.320 --> 01:50:09.970

Dannyelle Tansey: It's just quiet.

928

01:50:10.450 --> 01:50:13.190

Dannyelle Tansey: Steady... Softening.

929

01:50:15.790 --> 01:50:17.780

Dannyelle Tansey: It's like a warm blanket.

930

01:50:18.810 --> 01:50:21.240

Dannyelle Tansey: Or sunlight through the window.

931

01:50:25.610 --> 01:50:28.989

Dannyelle Tansey: Allow yourself to breathe into that warmth.

932

01:50:34.220 --> 01:50:37.290

Dannyelle Tansey: Let this part of you feel acknowledged.

933

01:50:41.850 --> 01:50:43.190

Dannyelle Tansey: It's held...

934

01:50:48.280 --> 01:50:49.740

Dannyelle Tansey: It's not alone.

935

01:50:51.850 --> 01:50:54.350

Dannyelle Tansey: You see it. You feel it.

936

01:51:02.150 --> 01:51:07.339

Dannyelle Tansey: If your mind drifts, or if any emotions come through, just allow it.

937

01:51:08.600 --> 01:51:10.550

Dannyelle Tansey: Allow it to keep flowing.

938

01:51:15.200 --> 01:51:16.740

Dannyelle Tansey: There's nothing to fix.

939

01:51:17.500 --> 01:51:24.200

Dannyelle Tansey: Your only job right now... Is to let your body be exactly as it is.

940

01:51:24.560 --> 01:51:25.919

Dannyelle Tansey: And to listen.

941

01:51:32.600 --> 01:51:35.410

Dannyelle Tansey: I want you to send love.

942

01:51:35.570 --> 01:51:36.940

Dannyelle Tansey: His age, bro.

943

01:51:37.210 --> 01:51:39.310

Dannyelle Tansey: To this area of your body.

944

01:51:41.240 --> 01:51:45.989

Dannyelle Tansey: And with each exhale, you're allowing it to soften and shift.

945

01:51:48.760 --> 01:51:50.980

Dannyelle Tansey: With safety and ease.

946

01:51:56.180 --> 01:52:03.560

Dannyelle Tansey: If there are any emotions that need to be released, you can do so. Don't feel you have to hold anything in.

947

01:52:06.860 --> 01:52:09.049

Dannyelle Tansey: You might want to, on an out-breath.

948

01:52:09.460 --> 01:52:11.350

Dannyyelle Tansey: Let out a bit of a sigh.

949

01:52:13.460 --> 01:52:15.550

Dannyyelle Tansey: Or maybe it's more than a sigh.

950

01:52:20.040 --> 01:52:24.569

Dannyyelle Tansey: Maybe there's even some tears that need to come. It is all okay.

951

01:52:29.140 --> 01:52:33.190

Dannyyelle Tansey: I want you to feel the warmth from your hand and your breath.

952

01:52:35.930 --> 01:52:39.409

Dannyyelle Tansey: Send love and appreciation to this area.

953

01:52:43.840 --> 01:52:47.199

Dannyyelle Tansey: We get very good at telling ourselves what's wrong.

954

01:52:47.720 --> 01:52:50.009

Dannyyelle Tansey: Or what's what... what's not right?

955

01:52:51.890 --> 01:52:54.280

Dannyyelle Tansey: But we very rarely show appreciation.

956

01:52:54.480 --> 01:52:55.700

Dannyyelle Tansey: creation.

957

01:52:58.380 --> 01:53:03.439

Dannyyelle Tansey: Even for the things that aren't so great, showing love and appreciation and thanks.

958

01:53:03.990 --> 01:53:05.749

Dannyyelle Tansey: Can really help it shift.

959

01:53:07.750 --> 01:53:10.110

Dannyyelle Tansey: Thank you for everything you've held.

960

01:53:12.410 --> 01:53:16.070

Dannyyelle Tansey: Thank you for everything you've allowed me to experience.

961

01:53:21.220 --> 01:53:25.249

Dannyyelle Tansey: Thank you for letting me know that maybe I'm not listening.

962

01:53:26.530 --> 01:53:28.270

Dannyyelle Tansey: Because now I know.

963

01:53:30.240 --> 01:53:31.700

Dannyyelle Tansey: Now I'm aware.

964

01:53:32.980 --> 01:53:34.420

Dannyelle Tansey: And I see you.

965

01:53:41.170 --> 01:53:43.089

Dannyelle Tansey: With one final breath.

966

01:53:43.500 --> 01:53:48.720

Dannyelle Tansey: Let's really feel that... Going into this area.

967

01:53:51.500 --> 01:53:53.150

Dannyelle Tansey: You've held a lot.

968

01:53:53.560 --> 01:53:55.100

Dannyelle Tansey: You felt a lot.

969

01:53:56.440 --> 01:54:02.310

Dannyelle Tansey: If you need to move your body, you can do so. Movement can really shift things as well.

970

01:54:07.460 --> 01:54:09.350

Dannyelle Tansey: Let me just breathe it out.

971

01:54:11.960 --> 01:54:14.309

Dannyelle Tansey: And feel yourself back in the room.

972

01:54:16.340 --> 01:54:17.390

Dannyelle Tansey: Oh my god.

973

01:54:24.180 --> 01:54:25.919

Dannyelle Tansey: Color, when you're ready.

974

01:54:27.790 --> 01:54:31.010

Dannyelle Tansey: This color, and making a symbol with it.

975

01:54:31.120 --> 01:54:32.820

Dannyelle Tansey: Of what supports you.

976

01:54:33.680 --> 01:54:38.359

Dannyelle Tansey: So what's going to bring ease to this emotion and sensation?

977

01:54:42.780 --> 01:54:45.369

Dannyelle Tansey: And what's gonna bring you back to yourself?

978

01:54:47.690 --> 01:54:49.510

Dannyelle Tansey: And help you shift this.

979

01:54:52.320 --> 01:54:54.349

Dannyelle Tansey: Again, there's no right or wrong.

980

01:54:55.030 --> 01:54:56.480

Dannyelle Tansey: Let it flow.

981

01:54:57.590 --> 01:54:59.549

Dannyelle Tansey: Don't feel, don't think.

982

01:55:17.470 --> 01:55:22.369

Dannyelle Tansey: While you do that one, I'm just going to grab the link if you do want to join.

983

01:55:23.960 --> 01:55:30.529

Dannyelle Tansey: Wasn't quite prepared with it ready, so... while you draw, I'll... Find it.

984

01:58:07.650 --> 01:58:08.979

Danni: Because you want me to share?

985

01:58:11.140 --> 01:58:12.890

Danni: Sorry, I caught you, maybe.

986

01:58:20.060 --> 01:58:20.940

Danni: Ada?

987

01:58:22.840 --> 01:58:24.839

Danni: Oh, you're on mute, that's why.

988

01:58:27.630 --> 01:58:28.990

Dannyelle Tansey: That's why I was talking.

989

01:58:28.990 --> 01:58:29.330

Danni: That's.

990

01:58:29.330 --> 01:58:32.490

Dannyelle Tansey: So I didn't want you to hear my clicking while you were in your little zone.

991

01:58:33.080 --> 01:58:34.690

Danni: Sorry.

992

01:58:35.700 --> 01:58:39.769

Dannyelle Tansey: Thanks for telling me. Were you ready to share? I wasn't sure if you were still drawing or

not.

993

01:58:39.770 --> 01:58:41.620

Danni: Oh, no, no, I'm fine.

994

01:58:41.620 --> 01:58:43.590

Dannyelle Tansey: Oh, I just did a Pink Love Heart.

995

01:58:44.830 --> 01:58:47.869

Danni: And for me, that was self-love.

996

01:58:48.790 --> 01:58:51.930

Danni: And self-work is not selfish.

997

01:58:53.580 --> 01:58:55.640

Dannyelle Tansey: Wonderful. I love that.

998

01:58:56.260 --> 01:59:04.879

Dannyelle Tansey: And did you want to unpack any further of the seeking the support, or you've got some clarity around that for yourself now?

999

01:59:05.730 --> 01:59:14.709

Danni: I think... for me, like, I just wrote a bunch of stuff, but... I think...

1000

01:59:14.820 --> 01:59:19.419

Danni: It comes back to the support of basic needs.

1001

01:59:19.550 --> 01:59:24.170

Danni: Of, you know, like, going for a walk and making food that I can eat.

1002

01:59:24.410 --> 01:59:26.060

Danni: For myself.

1003

01:59:26.850 --> 01:59:31.460

Danni: And starting there, just start simple.

1004

01:59:32.630 --> 01:59:33.290

Dannyelle Tansey: Beautiful.

1005

01:59:33.290 --> 01:59:35.159

Danni: And doing self-work.

1006

01:59:35.490 --> 01:59:39.289

Danni: And... and knowing that it's not selfish, you know, just,

1007

01:59:40.540 --> 01:59:46.829

Danni: Yeah, just starting there. Starting with myself, because I think I'm the only one that's going to be able to support myself.

1008

01:59:48.110 --> 01:59:48.720

Dannyelle Tansey: Yep.

1009

01:59:49.000 --> 02:00:02.299

Dannyelle Tansey: And what would be... so something really good to do in those situations is to give yourself a minimum and a maximum. So, like, what's the minimum you will do for yourself every day, no matter

what? And then, on an ideal day, what's the maximum?

1010

02:00:02.750 --> 02:00:03.840

Danni: Yeah, okay.

1011

02:00:04.530 --> 02:00:07.760

Dannyelle Tansey: So if you set yourself that as well, that would be really helpful.

1012

02:00:08.120 --> 02:00:08.700

Danni: Yeah.

1013

02:00:09.420 --> 02:00:11.729

Dannyelle Tansey: Do you have an idea of what that could be?

1014

02:00:12.470 --> 02:00:13.750

Danni: No.

1015

02:00:13.750 --> 02:00:15.570

Dannyelle Tansey: Nope. Okay, so sit with that one.

1016

02:00:15.860 --> 02:00:19.370

Danni: I think the minimum is literally...

1017

02:00:19.670 --> 02:00:24.829

Danni: Doing something that brings me joy, and making... and being on top of making myself some food.

1018

02:00:26.530 --> 02:00:27.640

Dannyelle Tansey: Wonderful.

1019

02:00:27.810 --> 02:00:31.100

Dannyelle Tansey: And maybe, how are you with drinking water? Do you drink enough water?

1020

02:00:31.240 --> 02:00:34.100

Danni: Probably not, no.

1021

02:00:34.100 --> 02:00:39.680

Dannyelle Tansey: So, something I do for... particularly for the water, my husband's pretty good at helping with the food, personally.

1022

02:00:39.680 --> 02:00:40.250

Danni: Okay, healthy.

1023

02:00:40.250 --> 02:00:42.729

Dannyelle Tansey: Thankfully, because I don't love food, so I...

1024

02:00:42.970 --> 02:00:46.320

Dannyelle Tansey: tend to not eat properly.

1025

02:00:46.700 --> 02:00:50.399

Dannyelle Tansey: is I have a reminder that goes off every hour.

1026

02:00:50.520 --> 02:01:06.450

Dannyelle Tansey: And... and that actually goes off for everyone, so we all go, okay, let's have a drink of

water if we haven't had a drink of water already. So putting things like that in place for yourself, too, so that

when... when you're busy and chaotic, you can still have that reminder, whether it's a verbal one.

1027

02:01:06.570 --> 02:01:09.620

Dannyelle Tansey: Because we've got the Alexa speaker, or...

1028

02:01:11.310 --> 02:01:11.940

Danni: Sorry.

1029

02:01:11.940 --> 02:01:24.739

Dannyelle Tansey: phone. That's alright, don't apologize. So, yeah, having one on your phone, that pops up

to you every hour. Sometimes you tend to ignore those, though, so change them up occasionally so it looks

like something different.

1030

02:01:26.900 --> 02:01:28.400

Dannyelle Tansey: Does that sound helpful?

1031

02:01:30.770 --> 02:01:36.429

Dannyelle Tansey: Yep, perfect. Okay, libby, would you like to share?

1032

02:01:42.260 --> 02:01:44.689

libby: Kinda got lost in my own thoughts a lot.

1033

02:01:45.310 --> 02:01:47.629

libby: I forgot what we're even doing.

1034

02:01:47.780 --> 02:01:53.700

libby: But... As you can see, I've kind of been throwing a lot.

1035

02:01:54.740 --> 02:01:55.440

Dannyelle Tansey: Yeah, perfect.

1036

02:01:55.440 --> 02:02:05.709

libby: kind of process my things. So I did a pink spiral, and I did it with everything else, and over the top,

because I need to start

1037

02:02:07.100 --> 02:02:08.500

libby: implicating.

1038

02:02:09.170 --> 02:02:10.480

libby: And listening.

1039

02:02:12.070 --> 02:02:17.529

libby: I'm starting to actually... See the progression of it.

1040

02:02:19.860 --> 02:02:20.280

Dannyelle Tansey: Yeah.

1041

02:02:21.040 --> 02:02:24.270

libby: I forgot what the question was originally, so I'm sorry for that.

1042

02:02:25.030 --> 02:02:25.530

Dannyelle Tansey: Hi!

1043

02:02:25.720 --> 02:02:27.519

libby: And that's where I went with it.

1044

02:02:27.830 --> 02:02:46.070

Dannyelle Tansey: That's fine, too, and that's really important too, like, even, within... within the Healing

Canvas activities, if you interpret it a certain way, that's how you need to interpret it, and that's totally fine.

There's no right or wrong to any of it. It is literally just tuning in and listening and expressing it.

1045

02:02:46.330 --> 02:02:48.250

Dannyelle Tansey: Yeah.

1046

02:02:48.620 --> 02:02:53.280

Dannyelle Tansey: So, what was your... what was your actual message to yourself, did you say?

1047

02:02:55.200 --> 02:02:56.420

libby: with my spiral.

1048

02:02:57.190 --> 02:02:57.750

Dannyelle Tansey: Yeah.

1049

02:02:59.720 --> 02:03:02.820

libby: Cuz... to start implementing.

1050

02:03:03.410 --> 02:03:04.810

Dannyelle Tansey: Start implementing.

1051

02:03:05.290 --> 02:03:09.519

libby: To... to use the sensation, emotion, needs.

1052

02:03:10.350 --> 02:03:13.210

libby: To put it... into practice.

1053

02:03:14.450 --> 02:03:18.039

libby: Like, it's okay to... to hear things, and...

1054

02:03:18.550 --> 02:03:22.240

libby: I spend a lot of my time wanting to do things.

1055

02:03:23.630 --> 02:03:26.020

libby: But as we've talked about, like.

1056

02:03:26.430 --> 02:03:29.110

libby: Showing up and doing the work.

1057

02:03:29.260 --> 02:03:33.219

libby: It's very different to listening to it, and...

1058

02:03:33.400 --> 02:03:37.610

libby: Thinking, that would be nice. I'm going to heal myself.

1059

02:03:38.170 --> 02:03:42.680

libby: I'm gonna... Three of these things, but...

1060

02:03:42.680 --> 02:03:43.990

Dannyelle Tansey: Not actually...

1061

02:03:44.140 --> 02:03:45.000

libby: do it.

1062

02:03:45.470 --> 02:03:51.130

libby: So I think to... yeah, my message is to... Stop.

1063

02:03:52.190 --> 02:03:53.650

libby: the momentum.

1064

02:03:54.030 --> 02:03:55.540

libby: of combining.

1065

02:03:55.770 --> 02:03:57.230

libby: what I'm hearing.

1066

02:03:57.360 --> 02:03:59.110

libby: And what I'm actually doing.

1067

02:04:00.050 --> 02:04:01.190

Dannyelle Tansey: Yep, okay.

1068

02:04:01.760 --> 02:04:03.730

Dannyelle Tansey: And again, small steps.

1069

02:04:04.120 --> 02:04:04.550

libby: Sorry.

1070

02:04:05.170 --> 02:04:10.959

Dannyelle Tansey: It's not trying to do all of it. And also, like, the question of what does healing actually mean?

1071

02:04:11.500 --> 02:04:12.420

Dannyelle Tansey: For you.

1072

02:04:12.900 --> 02:04:18.419

Dannyelle Tansey: What does that actually look like and feel like? And how do you step yourself there?

1073

02:04:18.420 --> 02:04:21.349

libby: I'm making my friends, and what have I learned?

1074

02:04:22.660 --> 02:04:25.210

Dannyelle Tansey: Is there anything else you want to share?

1075

02:04:26.990 --> 02:04:27.600

libby: No, I think.

1076

02:04:27.600 --> 02:04:28.539

Dannyelle Tansey: Hi, Molly.

1077

02:04:28.770 --> 02:04:30.920

Dannyelle Tansey: No? All good? Okay, wonderful.

1078

02:04:31.070 --> 02:04:32.260

Dannyelle Tansey: Sally.

1079

02:04:33.500 --> 02:04:35.490

Dannyelle Tansey: We'll have to unmute again.

1080

02:04:35.490 --> 02:04:36.719

Sally Donnelly: Yep. That's it.

1081

02:04:36.720 --> 02:04:37.390

Dannyelle Tansey: Wonderful.

1082

02:04:37.560 --> 02:04:40.339

Sally Donnelly: So, I did a... leaf.

1083

02:04:41.220 --> 02:04:47.680

Sally Donnelly: had to be green, of course. So I just sort of... the word that came to me was renewal.

1084

02:04:47.910 --> 02:04:52.020

Sally Donnelly: And I think just, practicing...

1085

02:04:52.270 --> 02:04:55.180

Sally Donnelly: The things over and over again, like the repetition.

1086

02:04:55.760 --> 02:05:06.979

Sally Donnelly: And getting back to just the basics grounding, we have beautiful beaches here, so just

getting back to doing the things I love, and going for a walk down the beach, and taking the dogs down

there, and...

1087

02:05:07.110 --> 02:05:14.620

Sally Donnelly: With the overwhelm, obviously, backing it up and, like, say, just do... set yourself one task a

day and get that done.

1088

02:05:15.070 --> 02:05:17.670

Sally Donnelly: Instead of the 100 that you've got on your list.

1089

02:05:17.670 --> 02:05:18.320

Dannyelle Tansey: Yes.

1090

02:05:18.480 --> 02:05:19.290

Sally Donnelly: Yeah.

1091

02:05:19.630 --> 02:05:19.980

Dannyelle Tansey: Yep.

1092

02:05:20.480 --> 02:05:29.480

Dannyelle Tansey: Things like, priority... the priority of order, as well, can help. So, okay, you might have

two things that are an absolute priority.

1093

02:05:29.480 --> 02:05:41.120

Dannyyelle Tansey: if maybe that's all you get done that day, and the rest can wait. Like, things like that, just breaking them down like that for yourself as well, so you're not feeling like there's all these things, and Danny, that might help for you as well.

1094

02:05:41.170 --> 02:05:56.559

Dannyyelle Tansey: Okay, what must absolutely get done today? And do that first. Or if you're someone who has to, like, do the hard thing first, you know, that whole swallow the frog sort of, metaphor, do that hard thing first.

1095

02:05:56.680 --> 02:06:08.809

Dannyyelle Tansey: But obviously the priority, the highest priority for that day. I actually, personally, I work, because I want to have flow in my day, I actually work with more of, like, a weekly list.

1096

02:06:09.050 --> 02:06:20.660

Dannyyelle Tansey: And then, okay, so what's the first priority on there? Okay, I'll do that one today, because we're not going out anywhere. Okay, and I'll get most of my list done on that day, and then the rest of the day, weeks free. Like, I kind of work a little bit more like that.

1097

02:06:21.940 --> 02:06:36.830

Dannyyelle Tansey: And obviously, with younger kids, that helps a little bit too, homeschooling. So, finding your own... and it's different for everyone, but that really finding your way of chipping away at things instead of looking at everything at once.

1098

02:06:37.320 --> 02:06:56.609

Dannyyelle Tansey: So, and getting it down into whatever form that is for you, whether it's in your phone, on the fridge, in a planner, and get it down so it's not up in here anymore. That really helps with any sort of overload. Get it down in front of you, you're not trying to hold onto it anymore, because sometimes half the tension is you're just trying to remember it all.

1099

02:06:56.870 --> 02:07:01.479

Dannyyelle Tansey: Whereas if when you get it out on paper, you can see it, you can chip away at it.

1100

02:07:01.820 --> 02:07:10.679

Dannyelle Tansey: So whether that's helpful. But always having a, a plan in place for these things that we've just spoken about. So that's why I ask.

1101

02:07:10.840 --> 02:07:28.190

Dannyelle Tansey: what is it you're going to do? So, for you, what would be... I'll use the minimum and maximum for you as well. So, what would be your minimum if you're wanting to start doing walks? How are you going to do that, and how often do you want to do that? And how... what's your minimum commitment to be able to do that?

1102

02:07:29.830 --> 02:07:46.729

Sally Donnelly: My minimum commitment would be, obviously, allocating the time in the day, first of all. I

work a 12-hour roster, so on days when I work, it's very hard to find that time, so prioritizing that, obviously,

closely to my days off, and

1103

02:07:48.180 --> 02:07:53.069

Sally Donnelly: Yeah, starting... starting... well, I think planning it in advance.

1104

02:07:53.430 --> 02:07:55.349

Sally Donnelly: Would... would help, yeah.

1105

02:07:55.680 --> 02:07:56.250

Dannyelle Tansey: Yep.

1106

02:07:56.250 --> 02:07:57.510

Sally Donnelly: That would be the minimum.

1107

02:07:57.830 --> 02:08:04.769

Dannyelle Tansey: And so your minimum's gonna be for the days that you don't work. Is there something

you can still do for yourself on the days that you do work?

1108

02:08:05.170 --> 02:08:05.849

Dannyelle Tansey: Is there something?

1109

02:08:06.270 --> 02:08:07.189

Dannyelle Tansey: as simple.

1110

02:08:07.620 --> 02:08:08.170

Sally Donnelly: Yep.

1111

02:08:08.420 --> 02:08:11.860

Sally Donnelly: Yeah, I've also got a horse, so just going down to see him.

1112

02:08:12.030 --> 02:08:16.480

Sally Donnelly: Give him a feed and a pat, and that's always very grounding at the end of the day, too.

1113

02:08:16.870 --> 02:08:17.910

Dannyelle Tansey: Yeah, beautiful.

1114

02:08:17.910 --> 02:08:18.290

Sally Donnelly: Hmm.

1115

02:08:18.290 --> 02:08:37.629

Dannyelle Tansey: maybe a little bit of mindfulness as you're patting him or something, or paying attention

to the smells while you're there, instead of it just being that, okay, I'm coming to feed you, you know, if

you're in a bit of a rush, that might... you might just go into that autopilot. So bringing in that mindfulness of

all the smells that are around a horse, the texture as you're patting him, the sounds he makes.

1116

02:08:37.630 --> 02:08:41.020

Dannyelle Tansey: Things like that, just bringing your mind into that might help too.

1117

02:08:41.600 --> 02:08:42.130

Sally Donnelly: Beautiful.

1118

02:08:42.130 --> 02:08:45.760

Dannyelle Tansey: Yeah, bring that extra grounding in for you. Okay.

1119

02:08:45.980 --> 02:08:54.149

Dannyelle Tansey: Thank you so much, everyone, for sharing. I might just bring my screen back up, because

I think I had a couple more things on there.

1120

02:08:55.220 --> 02:08:57.020

Dannyelle Tansey: If I can find where my screen's gone.

1121

02:08:57.760 --> 02:08:58.630

Dannyelle Tansey: Here it is.

1122

02:09:08.180 --> 02:09:10.399

Dannyelle Tansey: So we did that one...

1123

02:09:12.560 --> 02:09:30.100

Dannyelle Tansey: So yeah, so these things that I've got you just to commit to yourself at the end, this is

because you need to implement things daily, in a small way, as a minimum. So whatever that is for you,

commit to that minimum for yourself every day, and then

1124

02:09:30.270 --> 02:09:35.430

Dannyyelle Tansey: have a bigger, sort of, aim. When things are going well, and you do have that more time

to...

1125

02:09:36.170 --> 02:09:54.329

Dannyyelle Tansey: yourself. And then, also, for other things, like for Libby getting an idea of what healing

looks like for her, breaking that down into those smaller steps, and what that actually looks like and actually

feels like might be very different to what the picture in your head without actually sitting with that looks like.

1126

02:09:54.970 --> 02:10:10.559

Dannyyelle Tansey: So these are things that you can do to break big things down and make them more

achievable for ourselves. Because if we can achieve them, those small things, we're doing that rewiring

process still as well. So, we did that one...

1127

02:10:11.240 --> 02:10:13.529

Dannyyelle Tansey: Yeah, and I really want to...

1128

02:10:14.080 --> 02:10:23.180

Dannyyelle Tansey: Get you to give yourself a little bit of thanks and gratitude for showing up today, and

you've ended up being here with 2 hours and 10 minutes. I'm so sorry for the extra time.

1129

02:10:24.690 --> 02:10:41.449

Dannyyelle Tansey: For giving yourself the space, the compassion, and the connection, and building your

awareness, and being present with yourself. It is not easy to do this, and I really, really hand on heart, want

to thank you for showing up, but I also want you to thank yourself for showing up.

1130

02:10:41.750 --> 02:10:47.779

Dannyyelle Tansey: So, give yourself a little hug or a pat on the back, whatever feels better, and say thank

you.

1131

02:10:48.750 --> 02:10:51.609

Dannyyelle Tansey: We might think that it feels silly.

1132

02:10:51.740 --> 02:10:57.159

Dannyelle Tansey: But it's actually really showing our... ourselves appreciation, because we do not do that enough.

1133

02:11:00.350 --> 02:11:16.030

Dannyelle Tansey: Yeah, and then obviously, if you do choose to continue, I did pop the link into, the chat, for those of you who aren't already in the Healing Canvas. If you do choose to come through that with us, Libby will be in there as well.

1134

02:11:16.120 --> 02:11:28.009

Dannyelle Tansey: Then I would absolutely be honoured to welcome you in, and if not, then I hope that this session has been really insightful for you as well, and that you've got a lot out of it.

1135

02:11:28.510 --> 02:11:44.869

Dannyelle Tansey: And the link will also come through in an email too, so, if you forget it or whatever, it'll be in there. And by tomorrow afternoon, you'll have your little bonus pack with the replay and stuff come through as well, just for showing up live with me today.

1136

02:11:44.930 --> 02:11:53.389

Dannyelle Tansey: And if you have any questions, we can do that as well. But just want you to take one last breath.

1137

02:11:53.840 --> 02:12:01.329

Dannyelle Tansey: And within this breath, really show that gratitude to yourself. So, hand on your heart, or your belly, or both.

1138

02:12:02.920 --> 02:12:05.659

Dannyelle Tansey: And just take a nice, deep breath in.

1139

02:12:06.390 --> 02:12:07.960

Dannyelle Tansey: Thank you for showing up.

1140

02:12:08.680 --> 02:12:10.770

Dannyelle Tansey: And a nice long breath out.

1141

02:12:12.260 --> 02:12:14.090

Dannyelle Tansey: You are always doing enough.

1142

02:12:14.250 --> 02:12:15.790

Dannyelle Tansey: You're always held.

1143

02:12:16.640 --> 02:12:18.340

Dannyyelle Tansey: And you're always enough.

1144

02:12:19.660 --> 02:12:23.960

Dannyyelle Tansey: Whatever that word means for you, it means a lot of different things for everyone.

1145

02:12:25.580 --> 02:12:33.460

Dannyyelle Tansey: And if anyone has any questions, I can stay on. My one-year-old may end up coming in for that, but,

1146

02:12:34.110 --> 02:12:43.759

Dannyyelle Tansey: If you have any questions about anything, or want to unpack anything a bit further, or want to ask me any questions about the Healing Canvas, we can do that. Otherwise...

1147

02:12:44.030 --> 02:12:47.099

Dannyyelle Tansey: Thank you so much for joining me. I'm gonna press stop.

WEBVTT

1

00:00:00.160 --> 00:00:04.480

libby: Which is many... Things as possible.

2

00:00:04.910 --> 00:00:13.100

libby: But unless... you start somewhere, you just need somewhere to start, and I think... The healing canvas, because it's...

3

00:00:15.140 --> 00:00:24.030

libby: Simple, but it's not simple, you know, and it's... it's whatever you want it to be, and it's a nice place to start, because it's within...

4

00:00:25.090 --> 00:00:28.089

libby: You know, financially, is it within grasp?

5

00:00:28.880 --> 00:00:35.749

libby: And... time-wise, it's within grasp. Like, you can look at it and be like, okay, it's not...

6

00:00:36.200 --> 00:00:40.390

libby: I'm not upset if I don't get it done in one month.

7

00:00:41.100 --> 00:00:43.430

libby: Like, you just feel it's in...

8

00:00:45.380 --> 00:00:47.789

libby: You can hold it, it's something...

9

00:00:48.080 --> 00:00:49.440

libby: It's a good place to start.

10

00:00:49.820 --> 00:00:51.230

libby: Yeah, beautiful.

11

00:00:51.230 --> 00:01:10.429

Dannyyelle Tansey: Thank you so much for that. I'm glad it feels that way. And the thing is too, like, even if

you don't get something done in one month, it's still... you still have access to it, so each month, it's just

building a library each month. So right now, it's not a very big one, because we've only just started, but each

month stays, and it piles up.

12

00:01:10.460 --> 00:01:25.279

Dannyyelle Tansey: And you can come and go out of any of them as well. So even if a certain theme one

month isn't quite what you need, you can go back to a different one, and use that, because that's what you

need. So it's all about just building that toolkit, and

13

00:01:25.390 --> 00:01:32.169

Dannyyelle Tansey: Capacity within yourself to be able to process and really understand what's happening for

you.

14

00:01:32.830 --> 00:01:43.639

Dannyyelle Tansey: in whatever that means for you, because everyone, it's different. Like, we've got people

in the membership that's, you know, extreme grief, and quite fresh grief.

15

00:01:43.850 --> 00:02:02.459

Dannyyelle Tansey: To some really heavy trauma and things like that, too. So there's, you know, and then

there's anxiety. There's all sorts of different things that people are working through, within the healing

canvas. And some people can't show up on the live calls either, because the day that works for me and most

of the people.

16

00:02:02.490 --> 00:02:14.019

Dannyyelle Tansey: isn't the day that it works for them, but they're catching the replays, and they can still

come in. We have a group space that you come into as well. And I don't have that group space on

Facebook, very intentionally.

17

00:02:14.530 --> 00:02:24.900

Dannyyelle Tansey: If it ends up needing to be there for people... for most people, then I will put it there, but

I prefer it to be away from the distractions of social media and a space that I don't own.

18

00:02:25.240 --> 00:02:32.080

Dannyyelle Tansey: Where it could be taken away, or whatever, you know, Facebook's, like, rented space.

19

00:02:32.420 --> 00:02:36.510

Dannyyelle Tansey: That's alright, thank you so much, Libby, and thanks for your beautiful words. I'll see you soon.

20

00:02:36.510 --> 00:02:37.669

libby: Thank you, you too.

21

00:02:37.670 --> 00:02:38.939

Dannyyelle Tansey: Have a beautiful day.

22

00:02:39.200 --> 00:02:53.300

Dannyyelle Tansey: And so that space is through our website, but we have an app that you can access that through as well, that gives you notifications, or you can easily access it, instead of having to jump and find the website. It's just an app that can sit on your phone.

23

00:02:53.300 --> 00:03:04.960

Dannyyelle Tansey: And there's a group space in there where you can come in and share your reflections and have support, either from me or from the other members as well. So right now, we've got 10 members in there.

24

00:03:04.960 --> 00:03:17.330

Dannyyelle Tansey: About half of them manage to make the phone... the live calls, and then the others are catching the replays and just doing the activities. So, it's a space where you can show up at whatever capacity you want.

25

00:03:17.520 --> 00:03:34.749

Dannyyelle Tansey: But knowing that it is very much like what we've done today, but just being supported all the time. Less information than what I've given today, because we have more time to, like, spend together, so I don't, pile it with quite as much information. It's just small snippets with each

26

00:03:34.900 --> 00:03:39.549

Dannyelle Tansey: Each live and each little...

27

00:03:39.900 --> 00:03:54.810

Dannyelle Tansey: activity has a little bit of teaching in there too, so you're still... I find the knowledge is really important to know why you're doing something, and the understanding behind it all can really help people to connect dots better, I find, anyway, so...

28

00:03:56.140 --> 00:03:57.160

Dannyelle Tansey: Yeah.

29

00:03:58.960 --> 00:03:59.720

Dannyelle Tansey: Hello!

30

00:04:00.620 --> 00:04:02.010

Sally Donnelly: Beautiful.

31

00:04:02.660 --> 00:04:03.320

Sally Donnelly: Thank you.

32

00:04:03.540 --> 00:04:06.059

Dannyelle Tansey: That's alright. Thanks, Sally. Have a beautiful day.

33

00:04:06.350 --> 00:04:07.409

Danni: See you later.

34

00:04:07.580 --> 00:04:09.139

Dannyelle Tansey: Bye. Bye. See you, Denny.

35

00:04:09.440 --> 00:04:10.150

Dannyelle Tansey: Bye.