STEP 9: EXERCISES FOR THROAT SUPPORT MUSCLES

**PREPARATION FOR SESSIONS**

Please “prepare” your body and mind for the session by beginning your personal part of the session at least 15 minutes prior to joining the televideo with me. Please do the entire Progressive Muscle Relaxation with Deep Breathing 4-8 pattern. Perform the yawn and sigh exercise as a continual function of the Progressive Relaxation and Deep Breathing integration.

Then do Mindful Body Scanning, and activation of your senses (both internal and external). Then do Mindful Movement of “Sitting Up” and perform your Eye Roll exercises followed by Facial exercises.

You are now prepared to begin your telehealth session.

If you do not take the time to do this preparation work, then the beginning of your session will consist of this 15 minute preparation task.

When you start the session in this prepared “mind-state,” we will do a “quick-reset” to begin the session. This skill also will become your “emergency” reset in behavioral re-activation trigger events. You will learn how to do this “reset” in the sitting position, but it can be done in the standing position. To increase the impact, it is vital that you have gained the “Mindful Movement” skill.

**TODAY’S SESSION**

Please read this document for additional history on evolutionary development:

A Short Story (Part 2): The Evolutionary History behind “Exercises for Throat Support Muscles”

In this session, we continue with the integration of the Social Communication System of the vagus nerve with the Sensory Systems. Recall that the vagus nerve begins with facial muscles and descends all the way to the pelvic area. In order to engage the vocal organs into vagal activation, we must prepare the torso for the vocal functions.

Watch this video for the first exercises and read the video text script. This video includes some “science” to help you understand how the “throat” can be connected to internal organs.

<https://youtu.be/H5C2ptVb5jw>

Self-Help Video #6 Part 1: Exercises for throat support muscles of shoulders and chest

If you have not performed self-education this week, we will review and practice these techniques in this session. You will perform these exercises in Mindful Standing Position.

After these Shoulder and Chest Exercises, we will then review your Daily Journal entries for the prior week.

We will begin in a chronological order of entries since your last session. You will briefly describe the various “activities” you did during the past week. Then we will return to the “activity” which caused you to experience the strongest “emotions” (body sensations) during this retelling. If there were no strong “emotions”, then we will return to the “activity” which caused the strongest feelings and thoughts (cognitive responses).

You will begin the telling of the event from the sensory memories (what did you see, hear, smell, taste, touch during the “activity”) and linking to your cognitions (whether OCD, memory recalls, future worries, etc.).

Dr. Clark