



Julia Fast Ortho-Bionomy

Summer Newsletter

4/2020



Season's Greetings

We are almost at the end of another year – and what a year it has been.

For us here in the Southern hemisphere this time of year means summer is here and so is Christmas!

After the challenges that 2020 had for us all it is more important than ever to find some time over our Christmas break and on-going summer to find time to relax, re-energise and reconnect with the world we live in and the people who are important to us.

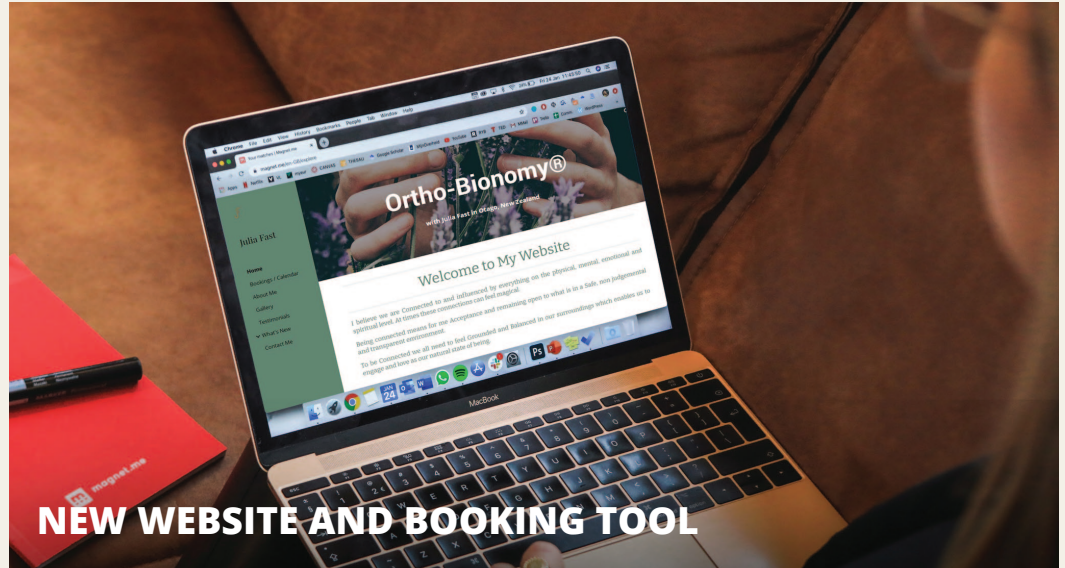
Christmas is a great time to reflect on how grateful we are to have those people in our lives who matter to us, and to reach out and tell them how much they mean to us.

If you are taking some holiday time over the summer months enjoy the break – find time to do the things you love, the things that make you smile and laugh.

If you are continuing to work throughout the summer make the most of those longer evenings and the days you do have off.

We are being encouraged to get out and experience the amazing country we are lucky enough to live in, explore our own backyards – as the slogan goes:

"Do something new, New Zealand".



I am pleased to announce my Ortho-Bionomy® website went online in July 2020.

Good things take time and with help and support from so many people I had a lot of fun seeing my website coming to life.

A huge thank you also to everyone who willingly sent me a testimonial to add to my website.

So here it is: www.juliafast.nz.

I would love to get any feedback on my website from you.

Did you find it easy to navigate, was the content interesting etc.

All feedback, positive and constructive, is very welcome.

BOOKING ON LINE:

When you visit my new website you will find my brand new on-line booking tool.

This makes it easy for you to book your next session.

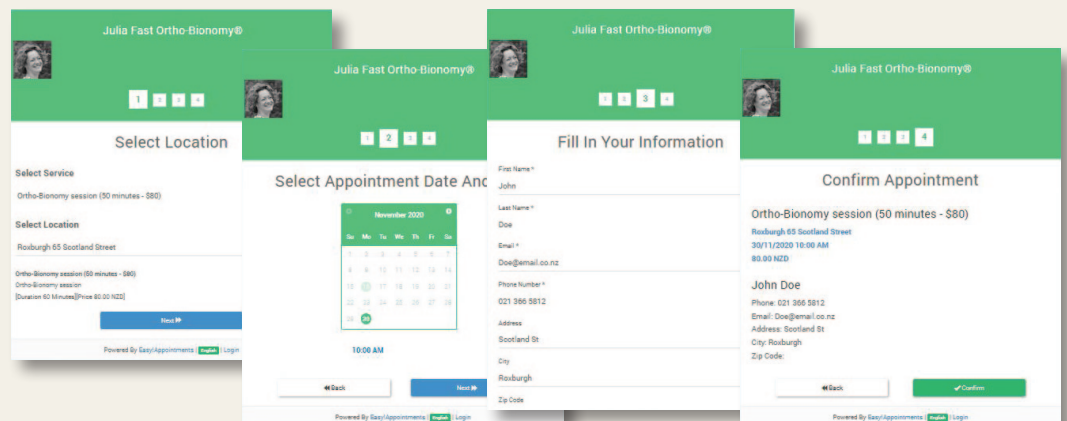
You will be able to choose your location and time – a confirmation email will follow.

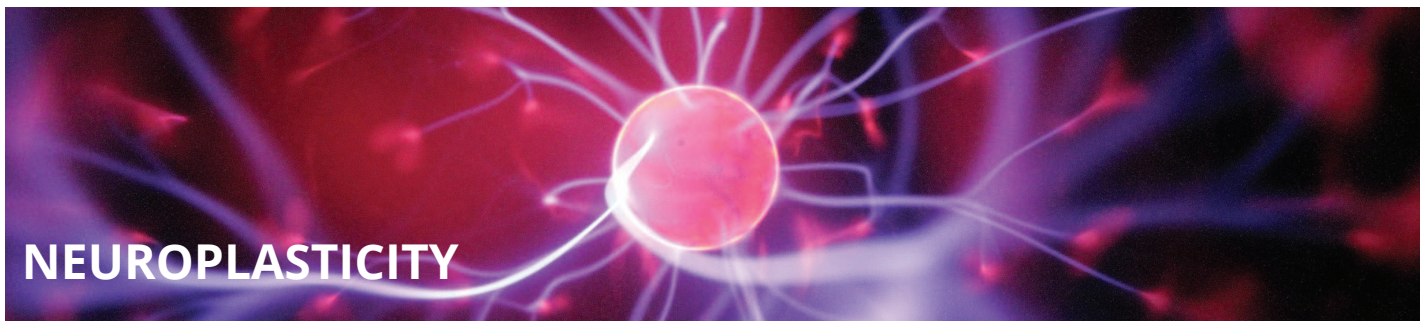
I have clinics available in Roxburgh, Alexandra, Wanaka and Dunedin.

Check my website for available dates and times in each location and book your session under www.juliafast.nz/bookings-calendar

Prefer to book your session without using the website?

I am still available via email: ob@juliafast.nz or by cellphone: 0210604487.





What is neuroplasticity? Basically, neuroplasticity is the capacity of our brain to adapt when encountering new experiences.

Did you know that our brains can “reprogram” themselves?

Synthia Satkuna, a Canadian postgraduate student in psychology and writer, reports that this ability of the brain to “reprogram itself” (neuroplasticity) depends on interaction between our genes and our environment. Major changes in our brain’s ability to adapt occur during childhood and puberty, when learning new skills/ knowledge, and also following trauma or injury and during cognitive decline (as may occur with age).

Satkuna states that trauma can have a profound impact on our brain’s neuroplasticity. In other words, trauma or injury can cause changes in our brain’s ability to adapt or respond appropriately.

Different areas of the brain can be affected by trauma, which can lead to different outcomes. For instance, our ability to think analytically, control our emotions or regulate our sense of fear may be impacted depending on which part of our brain the trauma affected.

So, if we cannot avoid trauma or injury altogether, how can we minimise their impact on us? Satkuna suggests having supportive family and friends around you & trying to avoid relationships which may be causing stress or trauma.

Also important is having an awareness of your “triggers”; people, places and/ or experiences that cause a stress response.

Satkuna maintains it is important to acknowledge your feelings when experiencing trauma. As such, mindfulness training and therapy or support groups may help.

It can be very useful to have the perspective of a third and “neutral” party. Further, as you seek to mitigate the impact of trauma, it may help to control your exposure to it in the media. If possible, try activities to distract yourself from stressors such as sports, hobbies or volunteer work. In the case of trauma in children, it is best to seek support based on advice from their physician, social worker or therapist.

Source: Satkuna, S. (2020, August 7). Our brains are neuroplastic. Trauma ruins it. [Online Article]. Medium. <https://medium.com/preoccupy-negative-thoughts/our-brains-are-neuroplastic-trauma-ruins-it-4b8c-ba734367>

For me the importance of this article, written by Synthia Satkuna, is the complexity of our brain. We need to maintain a sense of self-awareness in order to effectively manage our responses to events and experiences.

Questions to ask myself, that may help to achieve enhanced self-awareness, might be:

- What do I feel when I am upset?
- Where is this specific feeling taking place in my body?
- How can I access or identify what I feel?
- How can I describe what I feel?
- How does it change my mood, body posture, or tension in my muscles?
- Is my body tension after an incident/episode/occurrence affecting my behaviour, and if so, how?
- What support resources do I have?
- How can I access my support resources?
- Do I need help? When do I need help?

Better education leads to better understanding of how our body works. We may gain better understanding from our family and friends or by accessing a broader support via physicians, social workers or therapists. We can reach out to these sources to improve and maintain our health or support our well-being.

As a practitioner of Ortho-Bionomy I see this practice as important basic work which ideally starts as soon as possible after the experience of an injury, surgery, trauma, giving birth etc.

Bessel Van Der Volk, in his book “The Body Keeps Score”, brilliantly describes how the body remembers tension, memories, actions, interactions, incidents and experiences.

When working with a client I can feel this. It confirms to me the importance of each one of us being more aware of how and what we are feeling on the ‘inside’ in order to respond most effectively to what is happening in our ‘outside’ world.

Once we are able to achieve this greater awareness we are in a stronger position to build new memories and pathways as described in Synthia Satkuna’s article on neuroplasticity.

J. Fast

“DO YOU NEED HELP GROWING YOUR BUSINESS AND ATTRACTING MORE VISITORS TO YOUR WEBSITE?”

My friend Tonia offers digital marketing services. She can help you with SEO, Search Engine Advertising, Social Media Marketing and more.

She also offers training so if you would like to learn how to promote your business online yourself don't hesitate to get in touch with Tonia.

Check out her website to learn more www.toniakraakman.com



When: 7-9pm **Fri 4th**, 10am-8.30pm **Sat 5th**, 9am- 3pm **Sun 6th** December.

Where: Limestone Grove, a natural sanctuary of peace and beauty amidst unique limestone formations, nestled beside ancient native forest. Clifton, Golden Bay.

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I would like to wish you, your family and friends a wonderful Christmas, New Year and Summer!
With my best wishes,
Julia