**Being curious and respecting your energy and comfort envelopes**

**Welcome to session 1**

In our session today we are searching for feelings of calm and refreshment, like we are on the fourth day of a relaxing holiday. To do this, I suggest practicing **curiosity** – can you remember a time when you went wandering in a delightful new place with a friend or solo, or when you read a book with innovative ideas or saw a new face and felt the tickle of new possibilities? Perhaps you also recall the jubilation of twisting through alleys to unexpectedly find a café by the sea or putting clues together and feeling quiet success. We are going to dial down on any demands on ourselves, attainment goals or “shoulds” and instead do a micro-wander that takes very little energy but gives us a chance to explore, choose what we like and celebrate anything that feels comforting or delightfully simple.

We are going to begin the series using very small amounts of energy. When I say small, however, this still may be a substantial % of your daily allocation so please take rests as much as you like. Anytime, for several good reasons. Bodies also need rest: research shows **imagining activities** can assist in skill development: we know elite athletes sometimes visualise their races as rehearsal, you could try this out as you rest your body. We all have times when we tune out altogether then tune back in. Our brains use a lot of energy when processing, so it can be beneficial, after doing something new, to have some restful processing time. In conclusion, REST=GREAT.

We are aiming to be more aware and respectful of how much energy we have to spend each day, that is, what sits easily in our **energy envelope**. (It is also described as how much gas we have in our leaky tank, money in the bank or spoons available to use). In all the metaphors, there is a sense of a limited but valuable resource, that is already being used by some background activities (e.g. breathing, temperature regulation, digestion, thinking) and then has additional uptake by what we choose/need to do (e.g. standing, reading, cooking a meal, new movement activity).

We can also think of our **comfort envelope**. If a body is already coping with demanding environment (e.g. noisy shopping mall, sudden change of temperature) and/or internal issues (leaky gut, infection, painful back, protecting hypermobile joints) it is using energy. Alternatively, if we feel as comfortable as possible, feel safe in our comfort envelope, then we have more capacity to learn new things. Here is something you could explore before the session. If you are lying down, what can you do to make yourself more comfortable? A cushion under the head and a cosy blanket over you? A hot water bottle or a cool cloth? An extra cushion under the legs or folded towels under the wrists; lower the volume on your device and pull the blind half down? How comfortable can you get? 7% more? Let’s get background energy usage down and use our valuable energy for something more fun.

Respectful awareness of energy and comfort can also help us when we **move**. If someone says turn your head, we usually go right there, as far as the head turns and our eyes stare ahead or dart around. But do we move our chest to take strain off the neck? Do we shift balance of our knees, our feet i.e. does the rest of the body help distribute the action though muscles and the elastic properties of fascia? We really only find this out if we slow down and make the movement smaller. When we go smaller, slower and as lightly as possible, we can also begin to feel where comfort turns to strain at the end of the line of movement. Could “**less is more”** be a way to save energy and achieve more?

I suggest you aim to do this lesson as gently as if you were planning to do it three more times and still have some energy to spare. You might need extra energy later in the day, so don’t spend it all here now. Enjoy relaxing and exploring new details instead.