

MOVEMENT FOR EMOTIONAL HEALTH AND REGULATION

FOR
KIDS, ADULTS, AND SENIORS



By: Gabrielle Rivero



The background features a light gray surface with large, overlapping, semi-transparent splatters in shades of pink, purple, teal, and yellow. A dark blue silhouette of a person is captured in a dynamic jumping pose, with one arm raised and legs bent, positioned centrally over the splatters.

ABOUT THE PRESENTER

—◆—
Gabrielle Rivero

Current Culture



There is a common misconception that compartmentalizing and avoiding are easier.

Rise in Addiction, self-medication, depression, anxiety, emotional dysregulation, and avoidance of true feelings.

Side effects of anti-depressants and anti-anxiety medication can be significant.

The pandemic forced us to create novel ways for us to manage our anxiety and depression.

The Need to Control the Body

Rene Descartes was considered the first modern philosopher.

Descartes argues for the dualistic properties of the body, creating the distinction that the mind and the body are separate entities.

The main passions that cause bodily desires are joy, love, sadness, and hatred, he states, “these [mental] passions cannot lead us to perform any action except by means of the [bodily] desire they produce, and it is this bodily desire that we should take particular care to control.

This type of living Descartes argues for is dissociative living, where we avoid our true feelings, and lack an emotional connection with ourselves and others.





MOVEMENT IN PRACTICE





Embodiment

- The opposite of dissociative living is embodiment.
- It is about feeling your own aliveness in your skin.
- About staying present internally while experiencing life.
- To stay connected to what is true in your mind and heart.
- Allowing you to fully feel.
- The Lenae Release Method Kids is designed to teach kids how to live embodied lives through learning to engage with the sensations they feel, the sounds they hear, and the things they see.

So How Do we Dance?



According to The Oxford Dictionary dance can be defined by a noun or a verb.

Dance as a verb is: To move rhythmically to music, typically following a set sequence of steps

Dance as a noun is: a series of movements that match the speed and rhythm of a piece of music.

But dance is defined in the Lenae Release Method as a movement or a series of movements that move rhythmically to music, silence, or the rhythm of your life.

Dance is how you engage with the world because we engage with the world through movement.

Movement is breath. Movement is picking up a glass. Movement is standing still. Movement is swaying.

Movement is sleeping. We engage in the world every day through dance, through the Lenae Release Method you will help clients find their internal dance.

Every day we engage with the world through movement, but we are often unaware of how our bodies are engaging. Our bodies are breathing, walking, and swaying, but we are unaware of how much movement we actually do.



A group of five people are lying on their backs on a light-colored wooden floor with a dark wood chevron pattern. They are in a bright room with white walls and large windows. The people are dressed in casual clothing like t-shirts, leggings, and sweatpants. Some have their arms stretched out, while others have their hands near their faces. In the background, there's a white door, a small plant on a stand, and several water bottles on the floor near the wall. The overall atmosphere is calm and peaceful.

ACCEPT

Accept the sensations and emotions that currently live within
the body.

A photograph of three people in a bright room with large windows. On the left, an older woman with white hair and a purple patterned shirt is smiling. In the center, a woman with dreadlocks, wearing a white t-shirt with a logo and blue pants, is smiling and holding two small yellow objects. On the right, a man in a red tank top and black shorts is smiling and holding a small yellow object. A fourth person is partially visible on the far right. The room has a checkered floor and a large plant in the bottom left corner.

EXPRESS

Express these emotions through gentle movements that do not harm the self, others, or the environment.



RELEASE



If desired, release these emotions from
the self.

Our Findings



It improves their emotional health as they become emotionally regulated and have a higher emotional intelligence.



It improves their physical health as they become more grounded and more aware of their bodies.



It improves their mental health as they are better able to navigate stress and anxiety.



They learn new ways they can safely express themselves.



Kids develop empathy as they engage with how their friends express themselves.



They create new muscle memory in the body that helps them slow down and choose their reaction to the emotion they are feeling.

QUESTIONS?



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