



ONTARIO
CLRI

Centres for Learning,
Research & Innovation
in Long-Term Care

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POWER OF THE PAUSE:

THERAPEUTIC BENEFITS OF SILENCE

PRESENTED IN
PARTNERSHIP WITH:



PRESENTED BY:

Dr. Kristine Theurer, President & Founder, Java Group Programs
Michelle Fleming, Knowledge Broker, Ontario CLRI at Bruyère
Recreation Professionals of Ontario Conference, October 2019

LEARNING OUTCOMES

1. Identify three ways silence benefits our brain health.
2. Articulate one practical strategy that incorporates the use of therapeutic silence within TR practice.
3. Demonstrate the ability to utilize silence effectively through a pairs exercise.

WHAT WE DO



The Power of Peer Support: Reducing Social Isolation in Residential Care



WHY TALK ABOUT SILENCE



- Residents share things with us that can sometimes be a lot to take in
- Leaving silence when we want to speak takes practice
- Therapeutic silence is an art-form
- Opportunity to enhance the depth of our relationships

SILENCE IS GOOD FOR YOUR BRAIN

- Silence relieves stress and tension
- Silence replenishes our mental resources
- Silence helps us 'tune in' to ourselves
- Silence can regenerate brain cells



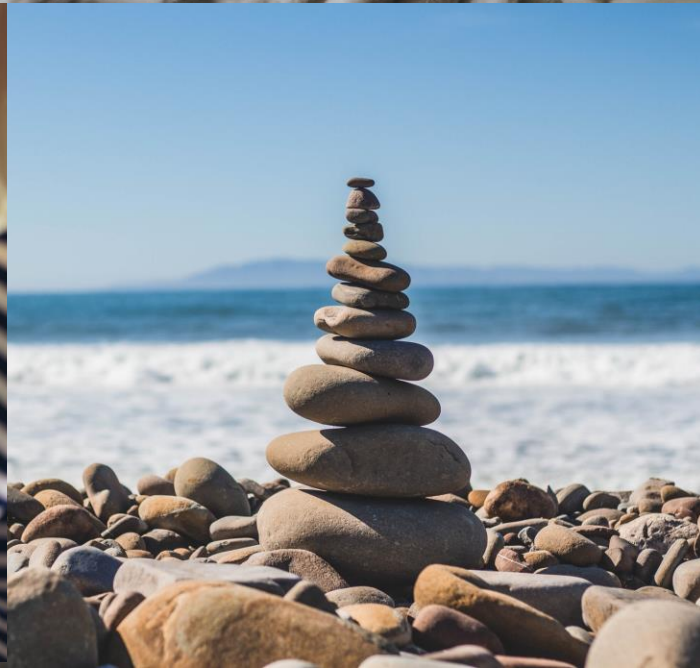
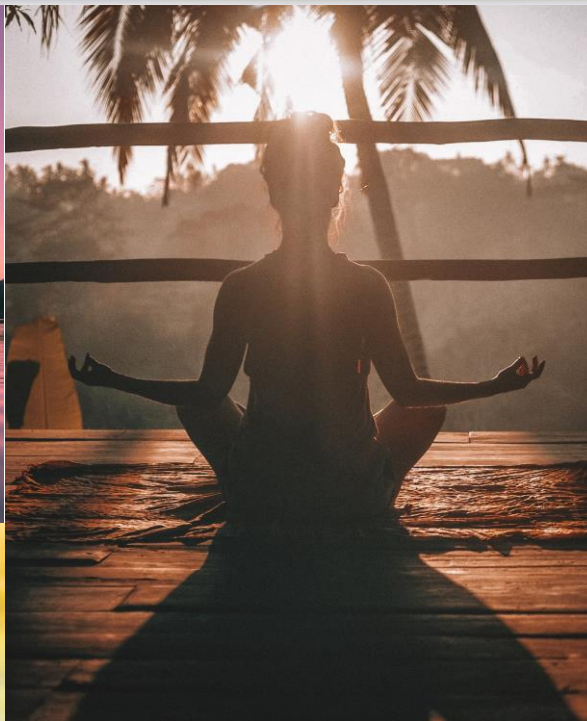
SELF-CARE

What's in your self-care toolkit?

What fuels you to be able to look after other people?

Do any of your self-care rituals involve silence?

You deserve to be as
nice to yourself as
you are to other
people.



A MORNING PRACTICE

Thank you, Loving Universe, for another day.
I am alive, I am loved, and I am grateful.



Thank you for guiding me as I walk through this day.

1. I look for the powerful presence of love in every situation;
2. I let go of worry and fear and allow calm to fill my being now;
3. I honour all that life brings by responding with acceptance and appreciation.

Thank you for helping me be of service-to reach out and support someone today.

I am still, present and at peace.

Thank you... Thank you... Thank you.

GETTING CENTERED PRACTICE

- What do you do throughout your day to help keep yourself centered?
- How do you maintain being present with the residents you work with?

SELF REFLECTION ON SILENCE

Are you comfortable around silence?

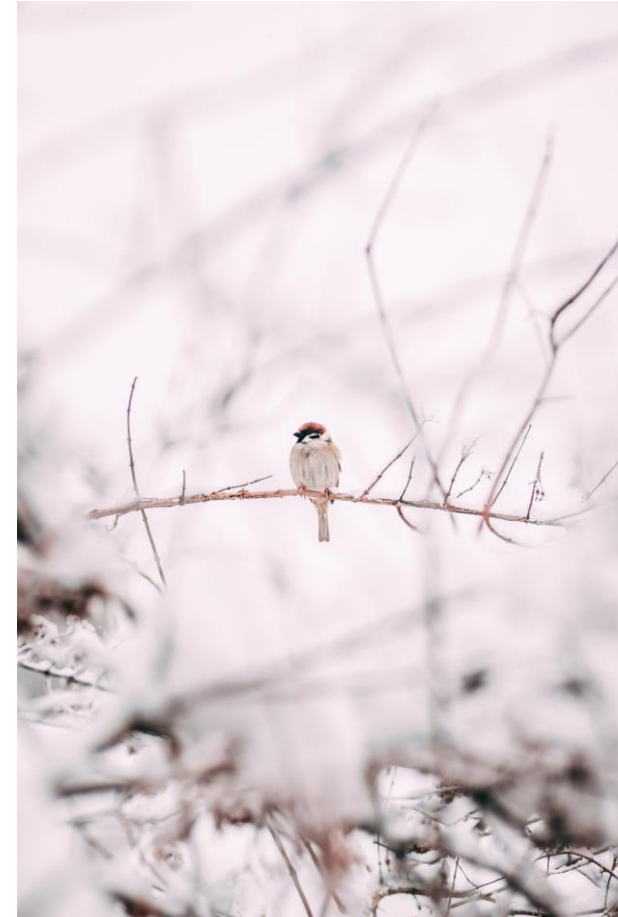
Think of a time when you were talking to someone and sharing something emotional or difficult that you were going through. Did you feel supported and heard, did you feel empathy? What did the person do or not do?

What happens within you when someone in your group doesn't answer right away?

What is something that would help you practice silence in your conversations?

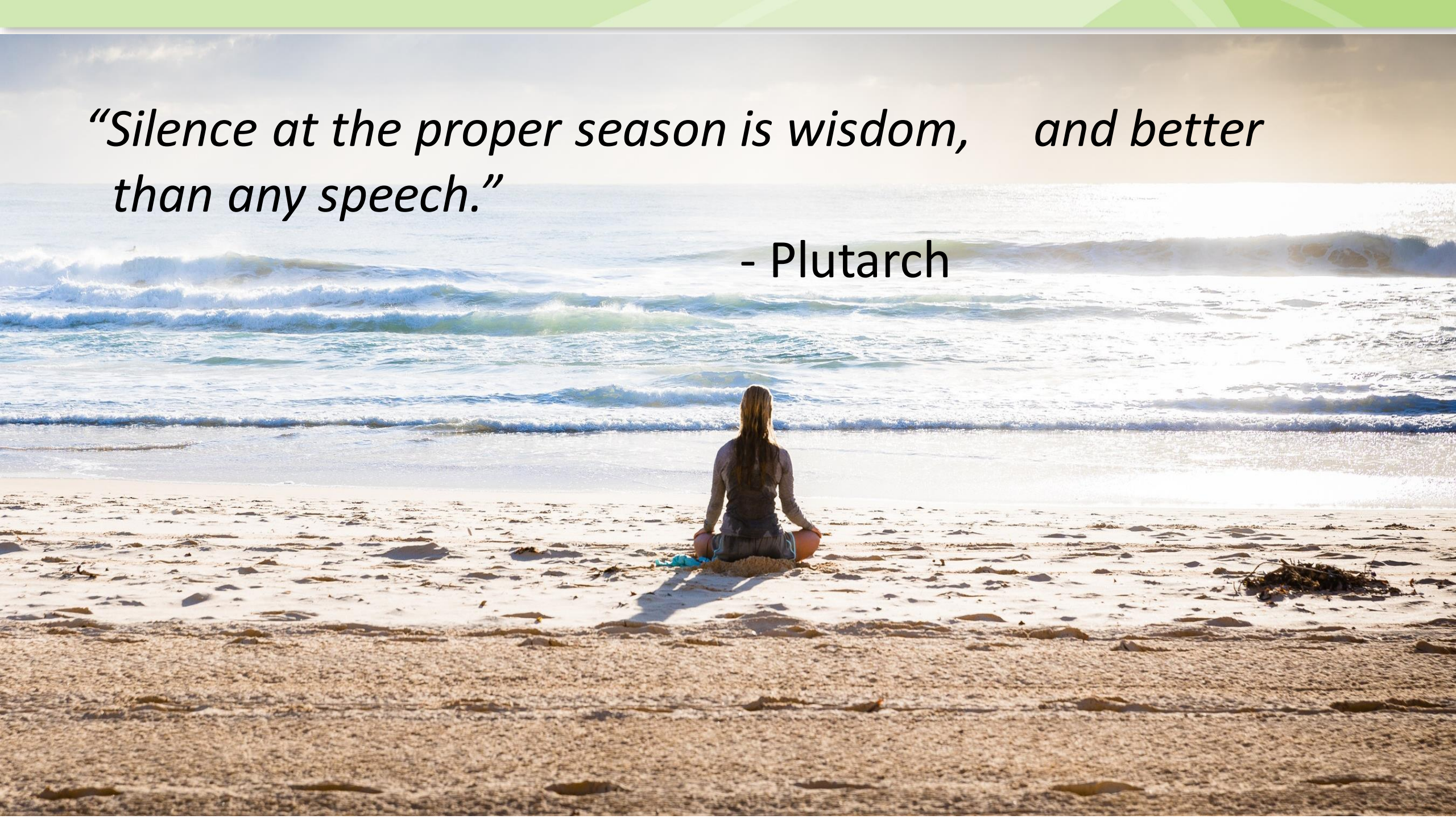
STRATEGIES TO USE SILENCE THERAPEUTICALLY

- Listen Carefully
- The Power of the Pause
- Convey Empathy
- Suspend Judgment
- Ask open ended questions



“Silence at the proper season is wisdom, and better than any speech.”

- Plutarch





"Could a greater miracle take place
than for us to look through each other's eyes
for an instant?"

- Henry David Thoreau



Empathy

31,512 views

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The Responsive Group
Published on 23 Nov 2017

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EMPATHY

youtu.be/ovHcr1tOpBs

LET'S SHARE...

Share with your partner about a time in your life when you:

- *felt lonely*
- *felt overwhelmed*
- *experienced a loss (could be a friend, family member, a pet, a job...)*
- *felt that nothing was going right for you*

TIPS FOR THE LISTENER

- Remember the tips from the handout:
 - Listen Carefully
 - The Power of the Pause
 - Convey Empathy
 - Suspend Judgment
 - Ask open ended questions



REFLECTION

What was that like for you?

How did it feel when your partner left silence and space for you to dig deeper and explore more?

LET'S SWITCH ROLES NOW...

Share with your partner about a time in your life when you:

- *felt lonely*
- *felt overwhelmed*
- *experienced a loss (could be a friend, family member, a pet, a job...)*
- *felt that nothing was going right for you*

TIPS FOR THE LISTENER

- Remember the tips from the handout:
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REFLECTION

What was that like for you?

How did it feel when your partner left silence and space for you to dig deeper and explore more?

B
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R

*“The most precious gift we can offer others is our presence.
When mindfulness embraces those we love, they will bloom like
flowers.”*

- Thich Nhat Hanh



POWER OF EMPATHY:

“I’m in it with you.

I’m not here to fix you.

I’m not here to feel it for you.

I’m here to feel with you and let you know you’re not alone.”

- Brené Brown



YouTube CA

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Brené Brown on Empathy

11,848,156 views

80K 1.3K SHARE SAVE ...



The RSA
Published on 10 Dec 2013

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What is the best way to ease someone's pain and suffering? In this beautifully animated RSA Short, Dr Brené Brown reminds us that we can only create a genuine empathic connection if we are brave enough to really get in touch with our own fragilities.

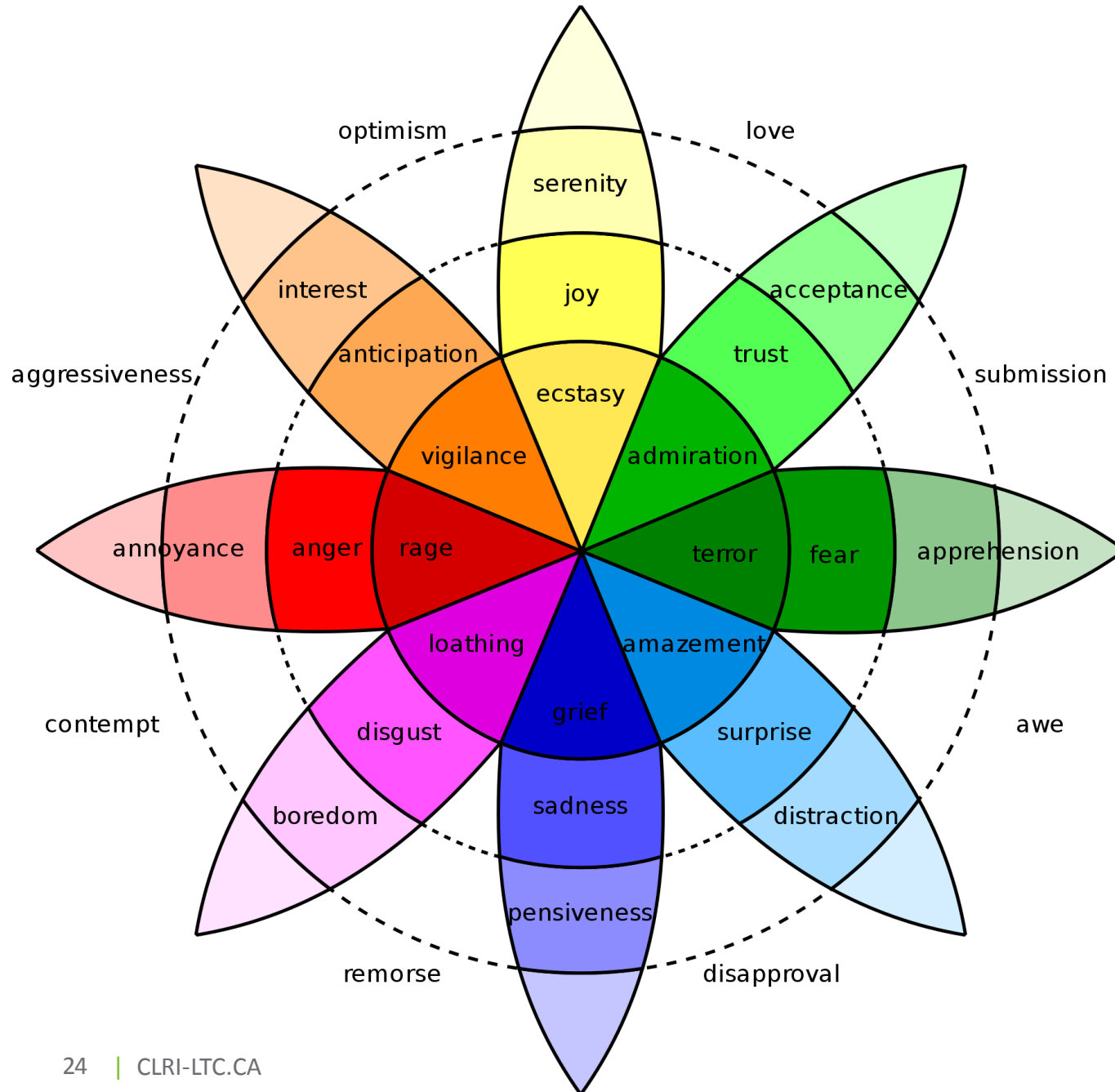
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EMPATHY VS. SYMPATHY

www.youtube.com/watch?v=1Ewgu369Jw





Plutarch's Wheel of Emotions

EMOTIONS CARD EXERCISE



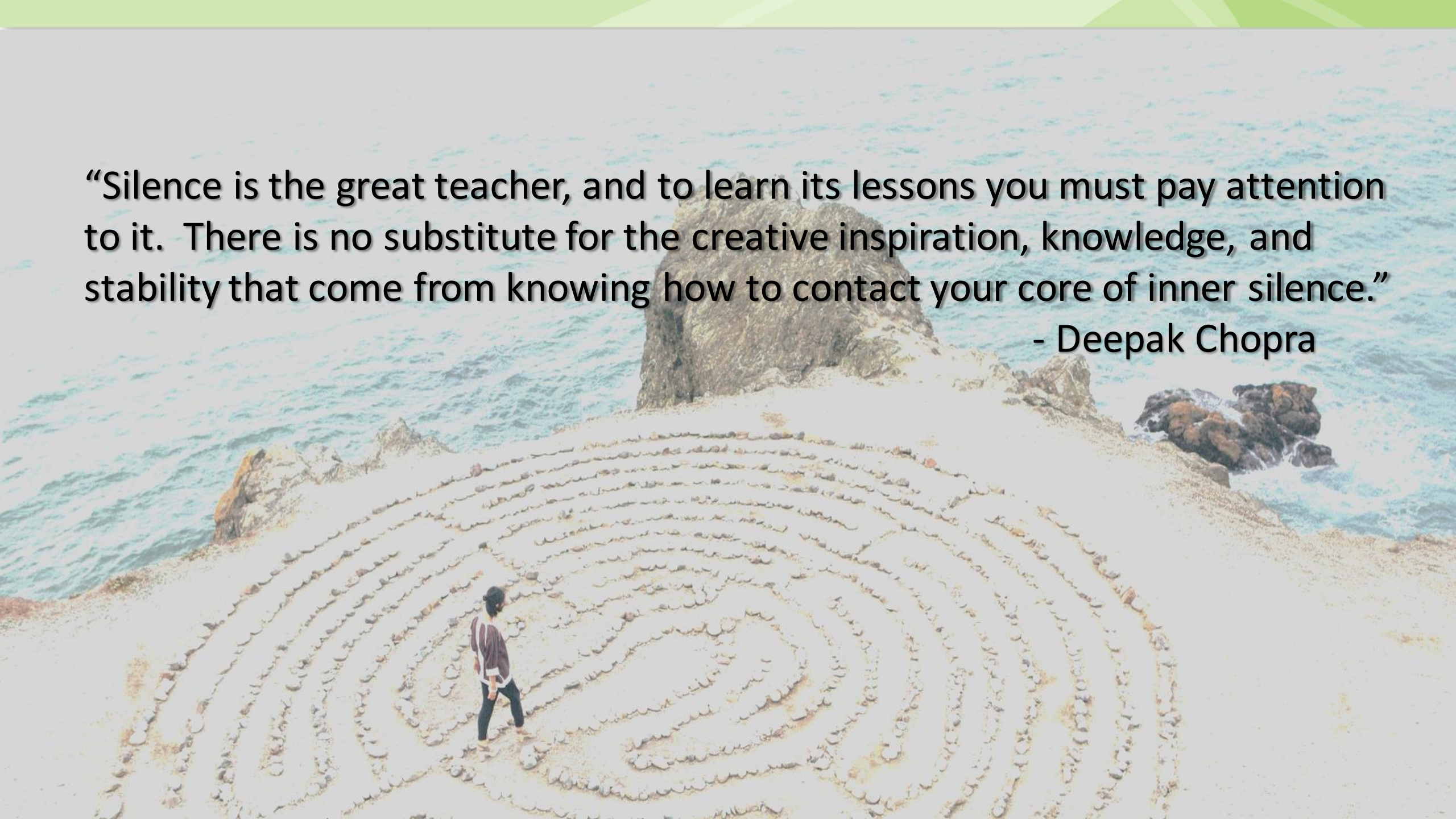
REFLECTION

What was that like for you?

Could you see yourself integrating these cards into your recreation practice?

“Silence is the great teacher, and to learn its lessons you must pay attention to it. There is no substitute for the creative inspiration, knowledge, and stability that come from knowing how to contact your core of inner silence.”

- Deepak Chopra



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