



Pause, Reset, Nourish: OMDP (One Minute Dance Party)

WHEN TO USE

- When you, a few or the entire team has one to five minutes where they can move their bodies together to music

CATEGORY

Connection, shifting the energy in the body and shifting perspective

THE SCIENCE BEHIND THIS PRACTICE

Engaging in physical activity can make a significant shift in a few moments by either releasing excess energy or helping us to re-energize. This re-balances the nervous system. Doing this together with others helps to amplify the effects as we are connected in community. Do this to music also amplifies the effect because we can have positive associations with the lyrics and rhythm of music thus also helping us to shift perspective.

OVERVIEW

Anyone can call and OMDP and whoever is available will dance or move there body like no one is watching for the designated amount of time or the duration of the song.

| | |
|----------------|--|
| WHAT IS NEEDED | Upbeat dance music is helpful but not absolutely necessary. A variation of this strategy is called bounce and shake where we can spend a minute bouncing up and down in place and shaking hands and arms at varying levels of height from below the waist to above the head. |
| PAUSE | Take a full, deep breath allowing your attention to focus inward. Noticing what is here for you now in thoughts, emotions and body sensations. Are you noticing signs of anxiety, anger, restlessness, etc. or signs of apathy, detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, is your internal experience reflective of the green, yellow, orange, or red zone? |
| RESET | Someone takes the initiative to call an OMDP stating the time and the place. Whoever is available and interested to gather will do so. A song is chosen and all dance like no one is watching for a minute or the duration of the song. |

| | |
|---------|---|
| NOURISH | <p>Notice once again what is here for you now with curiosity and without judgement. Take note at the shift that has been created in body and thought in a short time. Also notice how it has connected the team.</p> <p>Take time to acknowledge the important work that you are doing and that you took a moment to reset and replenish yourself. This is good for you. This is good for others.</p> |
|---------|---|

NOTES/SPECIAL CONSIDERATION:

We may worry that we are being insensitive to others if we partake in a dance party at work however as long as we arrange it in such a way that it considers the patients on the unit. It is more important than ever for those working in health care to embrace the small joys in life. If we do not balance out our nervous system by absorbing these joys we will not be able to be with the suffering that is before us. It is not a selfish act to have a moment of enjoyment but a necessary one that will help to reset the nervous system.

If further support is needed please reach out to a trusted colleague, your manager, Resilience Support Team Member, The Peer Support Line, or EAP services.