



Emily Tan: Movement Saved My Life



[Emily Tan](#) is podcast host and producer of [Tackling Minds](#) and [Jit Chat Podcast](#). She has a wealth of experience in business development, education, coaching, performing arts, and experience in fighting cancer. Learn about the fusion of movement as both a physical and mental practice, and how it saved her life- in recovery from acute myeloid leukaemia, transplant recovery, and in the challenges she has encountered on her life path. This talk offers ways in which to reframe one's attitude towards oneself, how to find resilience and create healing through movement practices.

TOP EMBODIMENT TIP: What embodiment personally means to me is that what I think, say, and what I do should align; needs to align, and that I want it to align.

Enjoyment: **The word enjoyment is underrated in our current world of constant pursuit.**

- Action inspires action.
- When you are with your movement tribe you bond over the same physical practice that you're passionate about. You connect through conversations, and this instills a sense of belonging, which also brings **enjoyment**.
- Movement practices have their own community, which provides opportunities for connection and inspiration.

Trigger: **Not knowing how to manage these in our lives can result in feeling debilitated.**

- What if we were taught early on how to recognise triggers? A trigger can cause you to freeze. What if we learnt the emotional vocabulary for triggers at a young age? Having language to express how one is feeling, and genuine human support can greatly alleviate suffering and even prevent suicides.

Resilience: **Illness doesn't make you strong. Your attitude over all of your adversities is what makes you strong.**

- How often do we enquire about cultivating **compassion** for ourselves?
- Often one can carry a feeling of blame until it becomes too heavy to carry.
- There is a relationship between movement and emotion.
- *"The cave you fear to enter holds the treasure you seek."* Joseph Campbell

Physical Movement Influences Emotional Outcomes:

- **When conscious of the body's intelligence, movement can be truly embodied.**
- **Repetition** can change how we are wired. Movement practice doesn't have to be highly physical or taxing.
- **Adaptive action:** whatever physical activity you choose to do, it can serve you more if you allow your body to move towards what feels right, for the moment and with gratitude.
- *"How you move is how you be, and how you be is how you are."*

❖ **References:** Gabor Mate, Alanis Morissette, Joseph Campbell, Grappling, Brazilian Jiu jitsu, Dan Edwards - Founder of Parkour Generations. Dance, pole dancing, Floor Flow - Marlo.



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