

REFLECTING WITHOUT WRITING

Movement and Reflection

Let reflection move at your pace

A practical guide with no written answers required.

START HERE

A way to reflect that fits you

Some people think more clearly while moving. A gentle walk, a stretch, rocking, pacing or moving your hands may create space for thoughts to arrive. Movement is optional; stillness can also be a good way to reflect.

What this approach can offer

This is not an exercise target or a test of fitness. The aim is simply to notice whether a comfortable movement changes your attention, energy or sense of space. You do not need to force insight or monitor your body closely.

Set it up gently

Choose a movement that is safe and accessible for you today. This could be a familiar path, a few steps around a room, a seated stretch, moving a wheelchair, or slowly opening and closing your hands. You may keep your eyes on the environment rather than inside your body.

When it may be useful

Movement can change the setting, rhythm or attention around a thought. A slow walk, brief stretch, wheelchair movement or small hand gesture may be enough. It does not have to produce an answer.

A few reminders

- There is no right answer or correct way to take part.
- You can use a word, gesture, choice, image, AAC, pause or silence.
- You can skip, change or stop the activity at any point.

You are the person who decides what your response means.

TRY IT

A short guided practice

Move through these steps at your own pace. You can do one step and stop, or ask someone you trust to read each step aloud.

1. Choose a small focus

Think of one moment, feeling, preference or decision from today. Keep the focus small enough to approach without explaining everything.

2. Try the method

- Step 1. Choose a small question or a simple focus, such as "what needs my attention?" You may leave the question aside once you begin.
- Step 2. Move in a way that suits your body and energy. Notice the surroundings, rhythm, sounds or changes in attention.
- Step 3. At a comfortable pause, ask whether one word, image, option or next step has become clearer. It is fine if nothing has.
- Step 4. If a thought becomes urgent, you can stop, sit somewhere safe, contact someone or take another step toward support.
- Step 5. Finish by noticing what you would like next: more movement, rest, company, quiet or a practical action.

3. Let a question guide you

- Does moving, resting or changing position feel more helpful today?
- What do I notice in the space around me?
- Has anything become clearer, stayed the same or become less important?

A short example

You are weighing up a difficult conversation. During a short familiar walk, you realise you want to prepare one question, not rehearse every possible reply. The helpful outcome is a smaller next step.

4. Choose how to finish

Notice whether you want to continue, pause, ask for support, take one practical step or leave the reflection unfinished. No written record is needed.

MAKE IT YOURS

Adapt the activity to your needs

The method should fit the person, not the other way around. Keep what helps and change anything that adds pressure.

Ways to adapt

- Use a seated movement, hand gesture, gentle rocking, wheelchair movement or a change of position.
- Keep the activity short and familiar; choose an indoor route or a companion if that is more comfortable.
- If movement is painful, tiring or unsettling, stop. Try pictures, sound or a spoken reflection while resting instead.

Keep it workable

Set a gentle beginning and end, such as moving for two minutes and then checking what you want next. If nothing changes, that is information too. Quiet, conversation or practical support may fit better today.

When to pause

Do not walk in an unsafe area or push through pain, dizziness or exhaustion. This practice is not a substitute for medical advice about activity.

Take something with you

Movement does not have to make you feel better to be useful. Noticing what your body and environment allow today is enough.

A gentle reminder

Reflection can be spoken, shown, felt, chosen, moved through or shared. You do not have to turn an experience into writing for it to matter.

For more support, you can speak with someone you trust or a qualified professional. Space to Breathe Therapy can be contacted to ask whether its support may be right for you.