

Activity

Withdrawal

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Find a comfortable, quiet place where you will be free of interruptions for a while. Close your eyes, relax and focus on loosening your jaw, your shoulders and any other areas of your body where you may be holding tension.

Once you feel that your body is relaxed, focus on your breathing. Breathe deeply and try to keep your attention on the feeling of the breath coming into and then leaving your lungs. When you notice that your mind has drifted off to other thoughts, bring your attention back to your breathing.

After 10 or 15 minutes gently bring yourself back to reality by moving your body, opening your eyes and looking around you.

Now think about this experience of being 'withdrawn'. What was it like? In what way do you think the experience may have been similar to the kind of withdrawal that can be experienced by people with dementia?